

RF REVIEW: RUNNING & YOGA RETREAT IN SCOTLAND



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**COCONUT:
THE FACTS**

>> Good or bad?



**HI-VIS
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>> Stay seen



A person wearing a bright neon yellow jacket is standing on a rocky ledge, looking out over a vast city at night. The city is illuminated with a dense array of colorful lights, including reds, oranges, yellows, and blues, creating a vibrant and expansive view. The sky is dark, and the city lights stretch far into the distance.

IT'S A BIG WORLD.



asics

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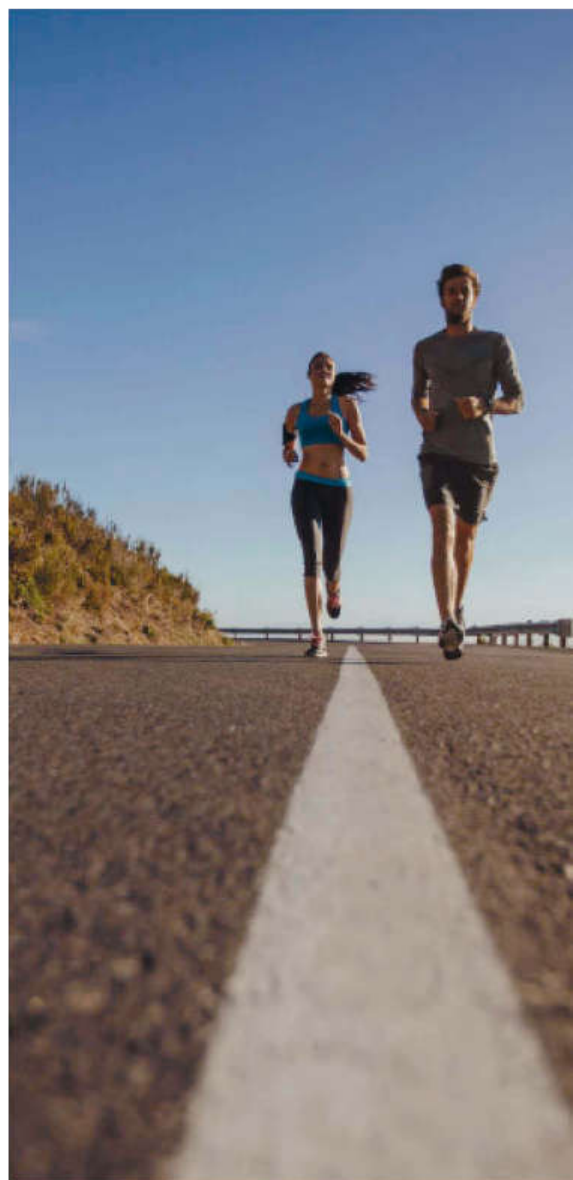
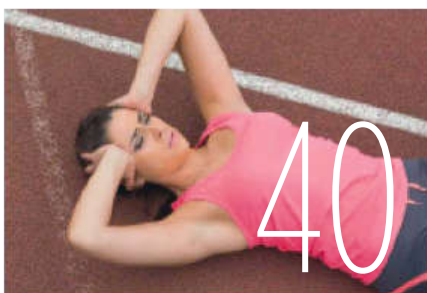
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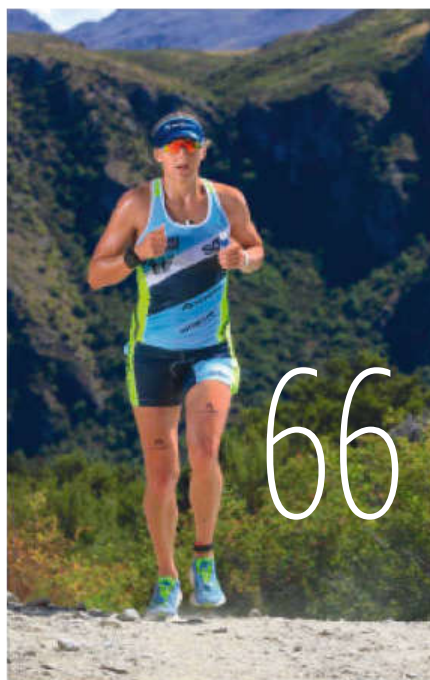
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Escape to Birmingham's countryside.

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WHERE TO BUY

ASICS GEL-KAYANO 22 & LITE-SHOW JACKET

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Colchester, CO1 1BW
www.53-12.com

Alton Sports

Four Marks, GU34 5EY
www.altonsports.co.uk

Berkhamstead Sports

Berkhamstead, HP4 1AQ
www.berkosports.co.uk

Brandshop

www.brandshop.co.uk/sports-player

Chain Reaction Cycles

www.chainreactioncycles.com

DW Sports

Nationwide
www.dwsports.com

Fast Feet Sports Ltd

Bishop's Stortford, CM23 2LS
www.fastfeet.co.uk

Greaves Sports

Glasgow, G1 3PW
www.greavessports.com

Harrods

Knightsbridge, London SW1X 7XL

Hobbs Sports

Cambridge, CB2 3HX
www.hobbssports.co.uk

John Lewis

Nationwide
www.johnlewis.com

Pilch Intersport

Norwich, NR2 1JE
www.jarrold.co.uk

ProBikeKit

www.probikekit.co.uk

Pro Direct Sports

www.prodirectrunning.com

Rat Race

www.ratracestore.com

Sportsshoes

www.sportsshoes.com

Start Fitness

Newcastle, NE1 5JQ
www.startfitness.co.uk

Sweatshop

Nationwide
www.sweatshop.co.uk

Wiggle

www.wiggle.com

For other ASICS recommended retailers
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WELCOME



We so often get letters from readers who have renewed their love for running by joining a club. And I'm inclined to agree – they can work wonders for motivating you when you're on a downer. After my first half marathon I couldn't seem to get back into it; even entering a 10k a few weeks later wasn't enough to inspire

me. Then I joined my local club and suddenly things were more interesting. I was running at different paces, meeting new people and finding new routes near where I live. Until then I had shunned company in favour of my beloved playlists and familiar routes and had no idea what I was missing out on! Whether you're running in a group or as a pair, **training with other people** can be really beneficial for more reason than one; find out how in our feature on p57.

Another topic we're tackling this month is that much-neglected group, junior runners. The relatively recent advent of Junior parkrun is a big step towards nurturing a **healthy lifestyle for our kids** and we talk to kids and adults involved in running for a first-hand report on p32.

Remember, whoever you run with this month, have fun!

AMY CURTIS, EDITOR

 **VISIT** runningfitnessmag.com for more news and insightful content, blogs and our favourite articles



**SEE PAGE 90
GO DIGITAL
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3 THINGS YOU NEED TO KNOW THIS MONTH...

P30 There's a new kid on the block and it's giving your bike a run for its money. Elliptigo is a sort-of hybrid of a bike and a cross trainer that you take out on the roads to get fit with less impact. Sarah Russell has been trying it out.



P52 Saturday mornings starting to plateau?

We've got a 5k training plan to get your speed up and get you a parkrun PB in no time at all. (Well, eight short weeks, anyway.)



P60 Winter's on its way and visibility is key.

It's not just the cold you need to worry about, you need to be seen too. Take a look at some of the best hi-vis kit.



THIS MONTH'S CONTRIBUTORS



DR YVETTE BRINDLE: Most headaches are insignificant, and many can be avoided. Our resident GP talks us through the main causes and how running can both help and hinder. p40



RENEE MCGREGOR: Health food of the moment is coconut but nutritionist Renee says it might not be all it's cracked up to be. Find out when you should avoid it and when to embrace it. p38



EVIE SERVENTI: Motivation is so important in runners, whether you're training for an event or just want to get fitter. Evie looks at how teaming up with others can give you the push you need. p57



KEEP IN TOUCH... TWITTER @Runfitmag FACEBOOK: facebook.com/RunningFitness

Spring all year round...



Cartilage and bone health are important for long term wellbeing and an active life. If you are looking for a daily supplement to give you extra support from within, *Jointace*® has been specially formulated by Vitabiotics' experts to provide premium nutritional care. With a unique combination of nutrients, and vitamin C which contributes to normal collagen formation for the normal function of bone and cartilage.

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**Running
Fitness**
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A scenic view of Loch Ness with runners on a path. The image shows a paved road curving along the edge of a large body of water. Several runners are captured in motion, running away from the camera. The background features a large, forested hill under a cloudy sky. A red banner is positioned above the text box.

LOCH NESS MARATHON

Set in one of the most famous parts of Scotland, the Baxters Loch Ness Marathon and Festival of Running is one to mark on the calendar. Experience **breathtaking scenery** as you make your way along the shores of Loch Ness (keep your eye out for Nessie!), across the River Ness and finally into Inverness where a hot meal and t-shirt await you. *RF* is taking part this year and will report back! lochnessmarathon.com



VODAFONE MALTA MARATHON

28TH FEBRUARY 2016

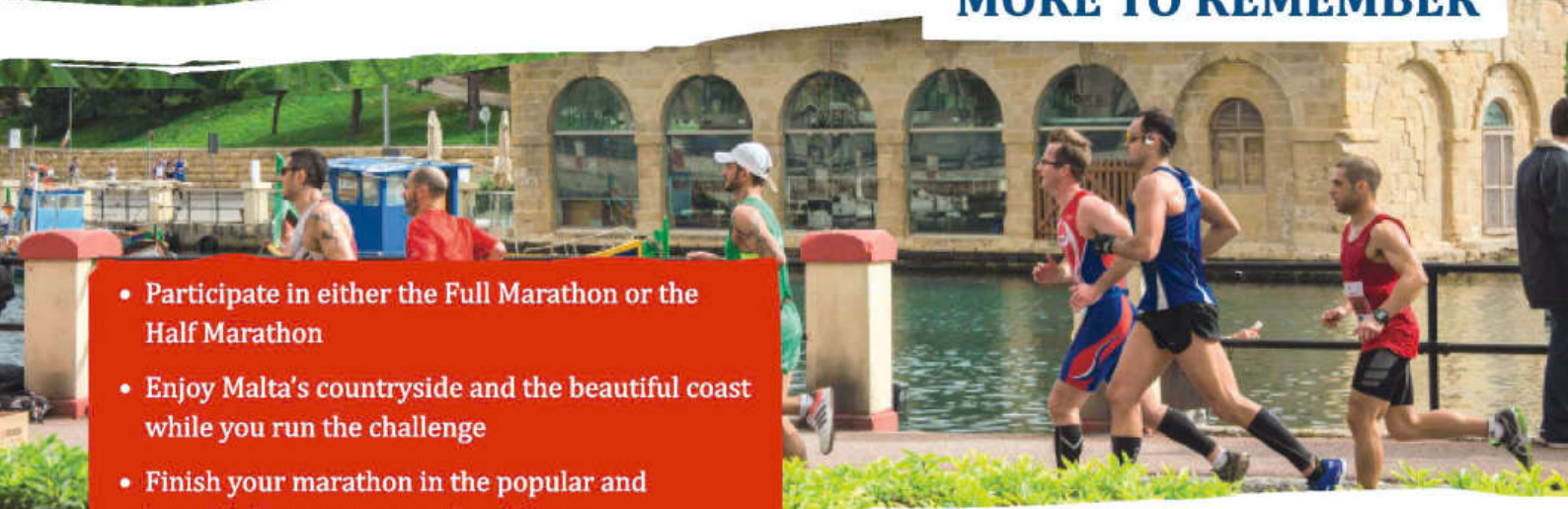
MORE TO SEE



MORE TO DO



MORE TO REMEMBER



- Participate in either the Full Marathon or the Half Marathon
 - Enjoy Malta's countryside and the beautiful coast while you run the challenge
 - Finish your marathon in the popular and beautiful town promenade of Sliema
 - The Vodafone Malta 'Endo' Walkathon allows participants to either walk, jog or run at any time
- www.maltamarathon.com



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THIS MONTH

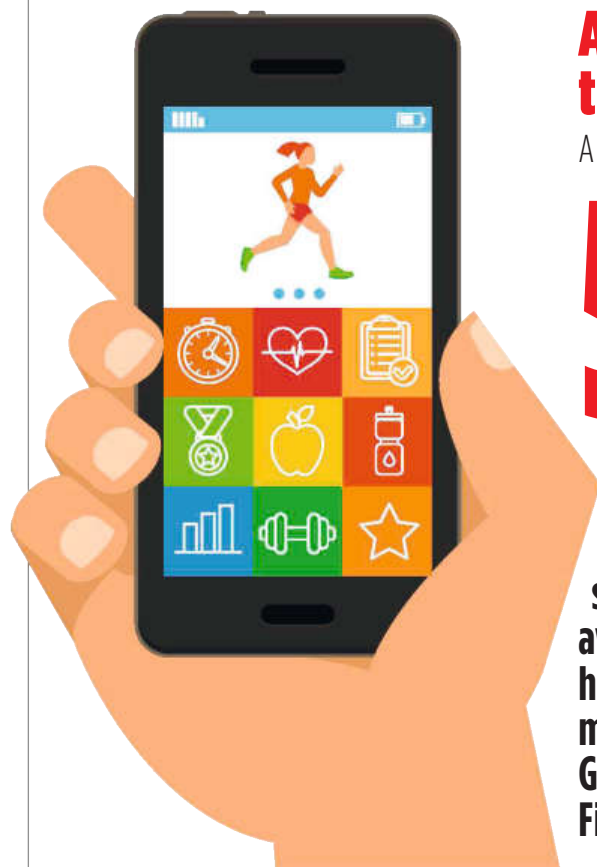
Mo Farah wins his **SEVENTH CONSECUTIVE** global track title, a new breed of guide dogs for runners, and why it's good for your health to have a cheat day

MO-TORING HOME IN BEIJING

Mo Farah won his seventh global track title at the IAAF World Championships in Beijing on Saturday 29 August. The 32-year-old's victory in the 5,000m means he has won an unprecedented string of seven consecutive global long-distance titles on the track. Go Mo!



IMAGE: MARK SHEARMAN



Are fitness apps the future?

A study by research analysts Mintel found

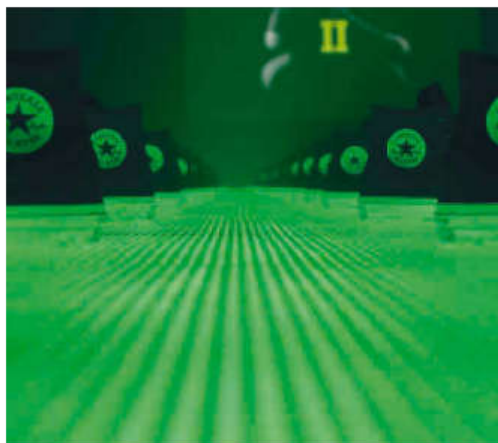
54%

of consumers monitor different aspects of their daily activity or wellbeing, supported by the increased availability and popularity of health-related apps. Those mentioned, as reported by the Guardian online, include Strava, Fitbit and Apple's HealthKit.



HUGE RISE IN DIABETES

Diabetes UK reports that over 3.3 million people in the UK have diabetes, and England and Wales alone has seen an increase of over 60% since 2005. Roughly 90% of cases are type 2 – the form linked to obesity. That translates into 10% of NHS costs (£10bn a year). Prevention awareness is critical and changes in diet and exercise are crucial.

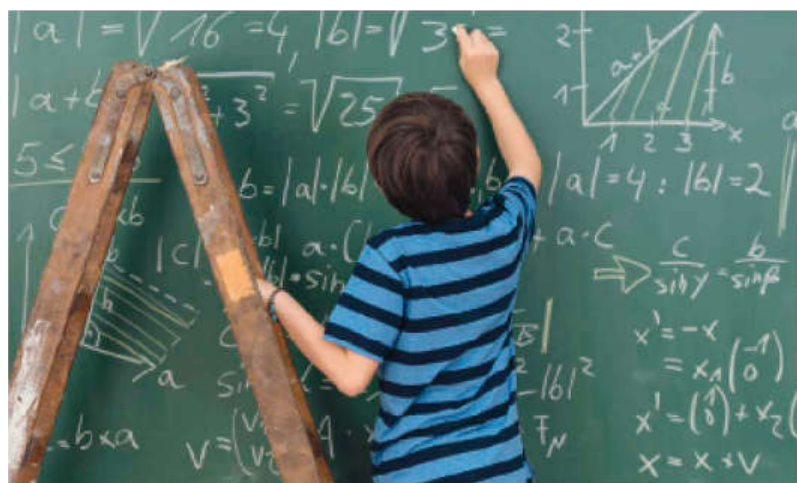


First Converse upgrade in 98 years!

US shoe brand Converse introduced its iconic All Star Kicks in 1917, which became a firm fixture in pop culture and fashion among those who preferred style over comfort. In July this year, a mere 98 years later, the brand has finally launched an update, the Converse Chuck Taylor All Star II, which offers more comfort and arch support (more like a running shoe). The shoes are named after semi-pro basketball player Charles Taylor, who became a salesman at Converse in 1922.

YOUNG ATHLETES ARE MUCH BETTER MATHLETES...

A new study published in the journal *PLOS ONE* reveals that 9- and 10-year-olds who are aerobically fit tend to have significantly thinner grey matter (a normal process of child brain development) and do better on maths tests than their 'lower-fit' peers. Previous studies have linked grey-matter thinning to better reasoning and thinking skills. The researchers' findings offer the first evidence that aerobic fitness enhances maths skills by aiding development of brain structures that contribute to maths achievement.





UK GYM MEMBERSHIP SPEND IS UP BY

44%

due to an increase in budget gyms and flexible contracts, reports consumer spending researcher Cardlytics. The popularity of budget gyms, including Pure Gym, EasyGym and DW Sports, are driving the increase, Cardlytics said, but mid and top-tier gyms, such as Virgin Active and Holmes Place, are also seeing results, with spending rises of 22% and 14% respectively.



A DAY OFF YOUR DIET WORKS WONDERS

Recent research finds that planning a day off your diet may have positive effects. In a study published in the *Journal of Consumer Psychology*, participants followed a two-week diet plan. One group received a scheduled day of diet-breaking each week, while a second stuck to the diet. The first group not only lost a similar amount of weight as the second, they also reported feeling more positive, motivated and in control over the course of the diet.

VERY BERRY BOOSTS FOR BRITISH BIKERS

Researchers from the University of Chichester's Department of Sport and Exercise Sciences studied how a seven-day intake of blackcurrant extract affected athletes during a 16.1km cycling time-trial. Results showed competitors completed the time-trial up to 2.4% faster after taking the berries. The work was recently featured in the *Mail on Sunday* and a Channel 4 documentary, *Superfoods: The Real Story*, in July.



THIS MONTH'S NEWS IN BRIEF

A few of our favourite snippets from the news this month

» AUTISM LINKED TO CREATIVE PROBLEM-SOLVING

People with autism may be more likely to think outside the box than people without the disorder, a British study suggests. "We think that perhaps the people with autistic traits use more effortful methods to produce answers to divergent thinking tasks (not based on obvious word associations or common uses for similar items) and therefore come up with fewer but better responses," said lead author Dr Catherine Best from the University of Stirling in the UK in an email to Reuters Health (viewed on BBC online).

» SEB COE STEPS INTO NEW ROLE

Sebastian Coe was elected as the sixth International Association of Athletics Federations (IAAF) President at the 50th IAAF Congress in Beijing, China on 19 August. He said: "I am deeply honoured that our sport has placed its trust in me. There is no job I want to do more – nor with greater commitment."



» FIRST CERTIFIED RUNNING GUIDE DOG

In August a German Shepherd graduated as the first certified running guide dog through the Running Guides pilot program at the Guiding Eyes for the Blind School in Yorktown Heights, New York, as viewed on RW Newswire. Klinger, at two years old, is the only dog to have been raised and trained through the school's pilot programme. After six months of specialised training and more than 200 miles logged, Klinger will finally get to start living with his new handler, 48-year-old Richard Hunter, a marathoner and triathlete.

POSTBOX

We'd love to hear your views, news and reviews

Running Fitness



SEND YOUR THOUGHTS ON ALL THINGS RUNNING

TO: AMY CURTIS, Editor, *Running Fitness* magazine, Kelsey Media, Cudham Tithe Barn,

Berry's Hill, Cudham, Kent TN16 3AG



CONTACT BY EMAIL ON: rf.ed@kelsey.co.uk

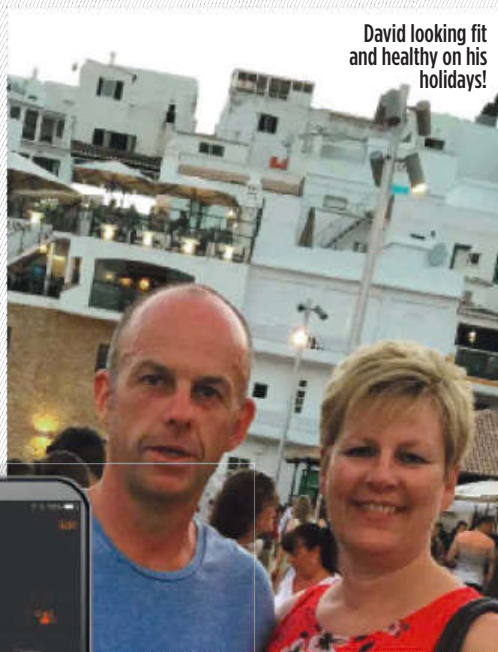
LETTER OF THE MONTH

HOLIDAY MILES IN THE SUN

Having just read your latest magazine, September 2015, I decided to take my running kit on my week-long holiday to Portugal.

I feel driven to share my experience with *Running Fitness*. I am 46 and have been actively running for only two years. Before running I played rugby union for the best part of 30 years finishing at 44 weighing in at just shy of 19 stone... I am currently at 14 1/2 stone and possibly fitter than I have ever been before thanks to running.

So I arrived in Portugal with all good intentions of running every day... And I did, and actually looked forward to my morning sweat fest in the sun. Possibly the best part of running in sun was the recovery – by the next day I felt great. I went on adventures around the resort and loved every minute. I recommend it to anyone and the best part was, on returning home, I jumped on the scales after



David looking fit and healthy on his holidays!

many a great meals and glasses of wine over the week I had lost 2lb!! Fantastic advice in your article on holiday running, many thanks,

DAVID LEWIS

RF says: So glad we could help, well done on sticking with it!

OUR LETTER OF THE MONTH WINNER CAN CHOOSE BETWEEN THIS FABULOUS ANITA SPORTS BRA (AMAZON.CO.UK RRP £50) OR TWO SETS OF MEN'S RUNNING BOXERS FROM RUNDERWEAR (RUNDERWEAR.CO.UK, RRP £36)



YOU'VE MADE ME ADMIT I AM A RUNNER!

I've run for years but have never thought of myself as a "proper" runner, and always found running magazines a bit too intense. But I started to pick up a copy of your magazine at the newsagents... and

eventually thought "well I'll get a three-edition subscription"... and now I have just bought a 12-month subscription! I read each edition cover to cover several times over and even find myself reading bits out to my husband or telling him that he needs to read it. I'm going to have to

admit it, I AM a runner. :)

Great magazine, doesn't matter what level of runner you are there's always something that's interesting. You've given me the confidence to start trying trail runs, too. Keep it up.

Alison, by email



YOUR TWEETS THIS MONTH

@LR_Sport "It doesn't matter how you look or what you wear, physical activity can be fun & rewarding for everyone!"

@Julie_Penfold "Great to see @yorkscast10k rated as the best 10k race by @runfitmag – that's next up for me!"

@VeggieRunnersUK "What a fab prize! We're not envious. No, no, not envious at all... :)" [In response to our Pulsin Twitter competition]

TWEET US @Runfitmag



ON FACEBOOK THIS MONTH

We asked what time of day do you like to run?

J McKenzie: "Prefer early morning but I run better in the evening."

C Wilson: "5am peace and quiet, less traffic fumes, energises me for the day."

SS Wantling: "Early morning. It feels like you have the world to yourself."

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mums, sisters,
friends,
daughters,
dads,
partners,
you.**

**We are
breast cancer
now**

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breastcancernow.org/fitness

Breast Cancer Now is the UK's largest breast cancer charity created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer.

Registered charity nos 1160558 (England and Wales) and SC045584 (Scotland).



NIKE COMP

Begin a brand new journey with the impressive structured shoe to date
Competitor



AIR ZOOM ELITE 8

MEN'S: 109714

Flymesh upper with Flywire cables gives comfortable support in a fast shoe.

£100
PRO PRICE

AIR ZOOM PEGASUS 32

MEN'S: 109715

Engineered mesh upper with supportive Flywire cables for neutral runners.

£90
PRO PRICE

AIR ZOOM ODYSSEY

MEN'S: 109716

Triple-density foam midsole with Dynamic Support platform for structure.

£130
PRO PRICE

ETITOR PACK

Air Zoom Odyssey, Nike's most and now part of the renowned Pack.



AIR ZOOM ODYSSEY

WOMEN'S: 109745

Medial side dual-injected heel counter provides extra structured support.

£130
PRO PRICE

AIR ZOOM PEGASUS 32

WOMEN'S: 109744

Lateral rubber crash rail offers a soft, smooth transition in a neutral icon.

£90
PRO PRICE

AIR ZOOM ELITE 8

WOMEN'S: 109743

Forefoot Zoom Air unit delivers highly responsive cushioning for fast miles.

£100
PRO PRICE



SARAH RUSSELL

Mindful running

Try to stay **IN THE MOMENT** when you run by paying more attention to your body and surroundings

Mindfulness is the big buzzword of the moment. Practising 'mindfulness' in our day-to-day lives teaches us to pay attention to the moment, becoming more aware of our thoughts and feelings. It can help concentration, improve our relationships and helps manage stress and anxiety. Mindfulness practice can involve yoga and mind-body exercises as well as breathing techniques and meditation; and is founded on Buddhist philosophies.

But what has this got to do with running? Far from being new age waffle, mindfulness is a concept that we can use when we run and race. Being more mindful when we run could actually help us run faster, enjoy it and appreciate it more.

TIME FOR CHANGE

One of the issues I have with modern running is the seemingly growing over-dependence on technology and GPS watches. Regular readers of this column will be aware of my love of 'naked' (watch free) running, being at one with nature and getting in tune with mind and body. I fear that we've become a nation of pace-obsessed, mindless runners, where we crash through a run, zoned out listening to music, with the only focus on time, pace and outcomes.

If that sounds familiar, then maybe it's time to apply some mindfulness to your running. It's something elite athletes and sports psychologists have known for years. Having an 'internal focus' (noticing your breath, how your muscles move, and being totally connected to your body) is proven to be more effective for performance than having an 'external focus' (listening to music

to distract you or focusing on your finish time). Recreational runners tend to have an 'external focus', whereas elite performers are more likely to have an 'internal focus'. Staying in the 'moment' can help with pacing too, preventing you from pushing your body too fast and burning out.

So how can you make 'mindful running' work for you?

Simply try to become more aware of your body when you run. Try to relax, focus on how you breathe, how your body is moving, how your foot is hitting the ground... not necessarily to change anything or critique your form, just to become more aware of it and allow it to happen.

Look at your surroundings. Notice the rain on your face, the wind in your hair, the warmth of the sun on your skin. Breathe in, smell the flowers and the crisp air. Notice the changing seasons as the trees turn colour and the birds chirp overhead.

Staying in the 'moment' can help your mind relax and your body to become more efficient

HOW TO FOCUS

Centre your mind on your breathing... from the moment you start getting dressed for your run, through your warm up, during the run and afterwards when you cool down. Focusing on your breath can have a calming effect especially during races.

Staying in the 'moment' (I'm running well; I feel fluid and relaxed) rather than thinking about the past ('My last mile was too slow') or the future ('I still have three miles to go') can help your mind relax and your body to become more efficient. When negative or distracting thoughts creep in, encourage them to gently drift away and re-focus your mind on your breath and your body.

This was a technique that worked for me when I was competing in the Duathlon World Championships back in 2006. The pressure of the competition and the occasion was threatening to overcome me. After spending some time working with a sport psychologist I was able to shift my focus away from the outcome ('Where would I place? Who would beat me?') and instead start focusing on my body, how my muscles were moving – how gracefully my feet were hitting the ground, how powerfully my arms were moving. It helped me get on top of my nerves and handle the pressure. Ultimately, I realised that I couldn't actually control the outcome. I couldn't control how others in the race would perform or where I would finish. All I could control was my own body and what was happening in that moment... and the outcome would take care of itself. Relaxing and just allowing it to 'be' turned out to be far more effective.

It can take a bit of work, but re-training your brain to be 'in the moment' can increase your sense of relaxation and can enhance your enjoyment of your run. When you're in the moment, you feel less pressure and more connected to your body and your surroundings.

So try to shift your focus away from your pace or your projected finish time and just allow your body to relax, to run and to be in the moment. Your performance will take care of itself.

Try it the next time you run and let us know how you get on. Tweet us at @runfitmag or @runfitsarah

Sarah Russell has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach sarah-russell.co.uk



Forget about timing your run and listening to music and take time to enjoy everything around you.

WHAT'S ON IN DECEMBER

As the year winds down, December still has a lot to offer – whether you want to race seriously or just have a bit of fun!

ENDURANCE LIFE CTS DORSET

DATE: 5 December

WHAT: The Coastal Trail Series, organised by Endurance Life, offers a range of epic off-road challenges, and the Dorset event – which takes place along the Jurassic Coastline – is one of the most extreme. With distances from 10k through to 'Ultra Plus' (45 miles) on offer, there's something for everyone. Expect glorious views, epic terrain and leg-busting hills.

endurancelife.com

ICEMAN OFF-ROAD DUATHLON AND TRAIL RUN, SURREY

DATE: 5 December

WHAT: Try something different this winter with an off-road trail run and mountain bike duathlon event. Taking place on an Army training ground in Surrey, the terrain offers lots of mud, hills and technical terrain that even the tanks struggle with. 10km and 16km trail runs are also on offer and dogs are allowed to participate in the 'canicross' division.

humanrace.co.uk

SALTWOOD BOXING DAY CHARITY RUN, KENT

DATE: 26 December

WHAT: Burn off your Christmas dinner with this long established charity fun run on Boxing Day. Three miles of mud and hills are generally accepted to be the perfect hangover cure. The challenging off-road course uses footpaths, fields and trails around Saltwood in Kent. All ages welcome and suitable for runners of all ability.

nice-work.org.uk

Check out santadash.co.uk to find your nearest Santa Run this December. We especially like the look of London's Santa Run in Clapham – see p88 for a preview.

3 OF THE BEST... RUNNING JACKETS

KEEP DRY IN THE STORMIEST WEATHER WITH OUR CHOICE OF THE BEST DESIGNS AVAILABLE



1 Brooks LSD Lite IV jacket £70

One of the lightest jackets we've come across. It packs down small so you can take it on your run as a precaution in case the weather turns.

brooksrunning.com



2 Saucony Sonic Reflex jacket £100

The tiny reflective squares all over this jacket light up when headlights shine on you, making you visible at night. Windproof and light shower resistant.

saucony.co.uk



3 Gore AIR GORE-TEX® Active LADY jacket £199

Fully waterproof, yet lightweight and breathable. A hood and taped seams handle all conditions.

goreapparel.co.uk

ANDY BROWNELL-JUDD

Andy Brownell-Judd has come up with a novel way to celebrate turning 50 this year: running **FIVE MARATHONS** to raise money for charity

WORDS REBECCA GIBBS

I started running in 2011 and at the time was suffering from anxiety and panic attacks, there were days when I struggled to function. One day I found myself staring at a prescription my GP had issued, and chose to leave the prescription and start running.

It wasn't easy at first; I believed that I had to run as fast and as far as I could every time I laced up my trainers. Inevitably those first six months were punctuated with injuries and disappointment. However, one thing kept me going: I had hooked up with some old friends through Leeds parkrun and no matter how bad the previous six days had been, my Saturday morning run was an oasis of calm; something I looked forward to. Then slowly and steadily, I began to run further and quicker and as I did my smile also grew. I am running into a brighter, happier future – running saved me.

FINDING MY DISTANCE

The next three years saw a steady improvement in times and an increase in distance, also a better understanding of how to avoid injury. In 2013 I ran five half marathons and ten 10ks for charity.

Then I got carried away and entered the London Marathon ballot. Less than 12 months later I found myself running through London surrounded by thousands of 'proper' runners and cheering spectators. It was an emotional day, a watershed that set me thinking about my next challenge.

I used to think that 10k was 'my distance', then the Half Marathon but now I would have to say the Marathon. That is the great thing about running, when you think you have reached your limit you realise that your limit is still ahead of you. Or as T.S. Eliot more eloquently put it 'Only those who risk going too far can possibly find out how far one can go'.

5 AT 50

After London in 2014, I spent some time considering what was next. I wanted to beat 4 hours, but mostly I wanted to celebrate a big milestone. In 2015 I reached the big five-oh and thought that '5

at 50' had a nice ring to it:

19 April Asics Greater Manchester Marathon

31 May EMF Edinburgh Marathon

14 June Rock & Roll Liverpool Marathon

27 September BMW Berlin Marathon

11 October Plusnet Yorkshire Marathon

It became a natural progression to run them in support of the mental health charity Mind (<http://uk.virginmoneygiving.com/AndyBJudd>). I have been fortunate to meet some inspirational people who have found that running has really helped maintain a healthy body and healthy mind. I really don't consider myself a 'good runner', just someone who is lucky enough to be able to run. I am a work in progress and hope to continue improving; for me, it's all about challenging myself and helping others enjoy the pleasure of running.

At the end of January I tore my deep calf muscle (Soleus) and suffered a damaged Achilles, just as I was building my distance for Manchester. Meaning that before the marathon, the longest run I had completed was only 15 miles. When the chip times were published I was amazed to have bettered my London Marathon to get a new Personal Best of 03:52:02.

The marathon I am most looking forward to is Berlin. Running abroad through different scenery and culture will combine to give Berlin a very distinct personality. This is also the run I am most apprehensive about because everything will be unfamiliar.

CHICKEN SOUP FOR THE SOUL

Being a member of my local running club, the Pudsey Pacers, means that on club nights I get to run in great company in a structured sensible way. I also enjoy a 10k training loop which I generally run on my own. I will generally run two or three nights a week and then run to my parkrun, a 12-mile round trip with the bonus of three miles of speed work for good measure.

When I am running in an event I am focused on what is happening around me; the other runners, the crowds, the scenery

as well as my pace. Out on a training run I spend a lot of time taking in the scenery and enjoying the pure pleasure of running, it is my 'Chicken soup for the soul'.

If I could run anywhere in the world I would choose the forests and Hindu temple complex of Angkor Wat in Cambodia or over the mountains and up to the Inca city of Machu Picchu in Peru. Either would overload the senses with sights and smells and leave me wanting more.

I guess my motivations to keep running are threefold: obviously I run to stay fit and healthy both physically and mentally. I also run for sheer pleasure and enjoyment, to feel that life affirming high that running gives you. Thirdly, I run because through running I have met some of the most incredible people who have helped in more ways than they will ever know. They continue to inspire me to do more, go faster, run further and laugh harder.

I will be blogging my way through the five marathons, something which terrifies me more than the running. I hope that maybe this may inspire others to put on some trainers and have a go.

See Andy's blog at: <https://marathons2015.wordpress.com/>



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MATT PHILLIPS

INJURY SPECIALIST

Each issue Matt shares his exercise of the month. Try the **CALF MOBILITY CHAIR ROUTINE** to help stay flexible through the ankle when running and walking

TARGET MUSCLE/S: Calves

SETS & REPS: 10-20 & 5-10 reps

TEMPO: Dynamic

FREQUENCY: As part of your dynamic warm up (or at home/in the office)

When running, the knee needs to be able to pass over the weight-bearing foot. If your calves do not

allow enough movement in the ankle (a process called 'dorsiflexion'), your body will find another way to get the knee over the foot but this 'compensatory' method may well lead to issues elsewhere as other joints, muscles, ligaments and tendons either higher up the leg or elsewhere in the foot are forced to move in unaccustomed ways and receive loads they are not used to dealing with. Given that the calf and

Achilles tendon provides up to 50 per cent of the energy for propulsion in running, it makes sense that we take steps to ensure that the required mobility is present.

The following Calf Mobility Chair Routine can help allow your calves to provide sufficient dorsiflexion when running and walking. It can be incorporated into a dynamic warm-up pre-run and also easily practiced at home or in the office.



START FAR ENOUGH AWAY FROM THE CHAIR TO FEEL A MILD CALF STRETCH



1 Ankle Circles: 5-10 reps in each direction, each foot.



2 Toe To Heel Push Downs: 10-20 reps in total, alternating feet



3 Feet Turned Outwards: 10-20 reps in total, knees travel out.



4 Feet Turned Inwards: 10-20 reps in total, knees travel in.



5 Straight Leg Rotations: 5-10 reps, feel stretch in weight-bearing calf.



6 Bent Leg Rotations: 5-10 reps, feel stretch in weight-bearing lower calf.

FOR VIDEOS OF HOW TO DO OUR EXERCISES OF THE MONTH, go to runningfitnessmag.com!

MATT PHILLIPS

is a Running Injury Specialist & Video Gait Analyst at StrideUK & Studio57clinic in Sussex. Follow Matt on Twitter: @sportinjurymatt
StrideUK is one of the UK's leading running technique companies which takes pride in helping people reduce injury and improve running performance by using clinical video gait analysis to examine your running technique and provide simple, easy to follow training programmes to get you injury free. For more information please visit strideuk.com



LAURA FOUNTAIN

LAZY GIRL RUNNING

Hours, minutes, even seconds can matter enormously during a race, but **NUMBERS** don't always tell the full story. Laura explains why she evades the 'what was your time' question

I stood in the showers after my swimming lesson, talking to a friend who had been in the same class. I'd run a marathon two days before and she was asking me about it. I'd had a lot of fun running it, and more fun celebrating after with friends in the pub.

"You ran a marathon on Sunday?" asked another woman. She'd been in the same class but I hadn't spoken to her before.

"Yes, I did", I replied.

"How did you do?" she asked.

"Really well thanks, it was lots of fun."

"What was your time?"

Of course, I knew this was what she was getting at when she asked me 'How did you do?' – what she was really enquiring about was the time on the clock. How fast did you run it? And I'd been deliberately evasive of the question. I wasn't evasive because I was trying to hide my time, or because I was embarrassed about it. I was evasive because when someone asks me how a race went, a number is not an answer to this.

MORE THAN A NUMBER

A friend of mine once said to me something that is very true: "There are so many more accurate ways of measuring the success or failure of a race than a number on a clock."

To this person who knows nothing about me, the number means nothing. But still, it was the information that she wanted. I replied "4:04." She nodded and that was the end of the conversation.

I could have caveated my time with various things. I'd run a marathon the previous Sunday. I was carrying a camera to film the whole thing. I was recording a podcast while I ran along too. I was towing a helium beer balloon. I'd run the same race a year before and hated it, so this year I wanted to relax and enjoy it. But I didn't. I wasn't running for a

Enjoying, finishing and running a marathon are reasons enough to celebrate.



LAURA FOUNTAIN

Laura Fountain is a marathon and ultra runner, a triathlete and a personal trainer. She teaches beginners how to run and helps them fall in love with running.

Follow Laura on Twitter: @lazygirlrunning

time; it was irrelevant to me. And what somebody else thought of the speed of my marathon mattered even less.

PERSONAL RESULT

The hours and minutes, even the seconds on the clock will be important to me at times. When I aim for a PB, they matter very much, and when I'm training I spend a lot of time looking at the mile splits and predicting what it might mean. But there are lots of times when they're not important.

When my friends clock up a new PB I'll be happy for them, and when the runners I coach achieve what they set out to I'll be proud. But when a stranger asks me my time, I'll continue to be evasive and leave out the caveats. It matters to me what they think of my marathon time as much as it matters to me what the guy on the treadmill next to me is thinking as he glances over at the numbers on my display. I know if they're numbers to be proud of, and I'm the only one they should matter to.



Laura was towing a helium balloon in her latest race.

When someone asks me how a race went, a number is not an answer to this.



TONY PHILLIPS

A MILE EACH DAY

As runners we are all **SHARING AN EXPERIENCE** with many others around the world. Tony explains how this uplifting connection empowers him to keep notching up the miles

In a previous column I wrote about the first step of your run being the most important one as it's the one that changes your state, from an object at rest to an object in motion.

But there are days where even though you've taken that first step and you're moving, every step feels like hard work; your legs feel like lead and it just feels like a tough slog. Have you ever had runs or even days like that? Running echoes life, as life can be like that sometimes, too.

There's a saying 'This too shall pass' which is a good reminder that life, like running, goes through cycles and is transient and ever moving. It's also a good reminder to make the most of each day and each run.

It's widely acknowledged that perseverance separates the winners from the losers in both sports and life. Samuel Johnson, the 18th century English writer, once said, "Great works are performed not by strength but by perseverance."

Dr Jean Wiecha, Associate Professor of Exercise and Health Sciences at the University of Massachusetts, believes that any time you lace up your running shoes and start moving your body and achieve a goal, you are reinforcing a mindset of perseverance that will bleed into all aspects of your life.

When everything feels like hard work and my energy has taken a dip, I dig in and take the next step, knowing that before long I'll be feeling stronger and more powerful again, and that running will feel easier once again.

I've had days when running felt almost effortless (not as often as I used to but it still does happen occasionally). There are some days where I feel as though I'm actually running in heavy diving boots! The vast majority of days feel somewhere in between the two.

HOW I KEEP GOING

When my run feels like a struggle I tell myself that when I'm once again running effortlessly, it's days like this and each step I'm taking now that will have allowed that to happen.

Also, thinking that this is the only run I'm guaranteed and that this run is unique can often help me to feel that I'm lucky to be able to run at all.

The other technique I use is to try to take the focus away from me

On those tough days, try to focus on more positive moments.



TONY PHILLIPS

is a personal coach working with entrepreneurs and business leaders. An enthusiastic back of the pack runner, in January 2010 he began an experiment to see how many consecutive days he could run at least a mile. Tony is fascinated by the lessons running and daily habits teach him about life.

Follow Tony on Twitter: @AMileEachDay or coachingapproach.co.uk

When I'm finding my run hard I'm usually so completely focused on myself and possibly feeling a little sorry for myself too. So the other technique I use is to try to take the focus away from me.

I consider that there are probably hundreds if not thousands of other runners out there right now all around the world who are finding each step just as tough, if not tougher, than I am now.

WORLDWIDE CONNECTION

As a runner (even if you don't feel like one) each of us is an integral part of an amazing worldwide community of runners with shared experiences, shared challenges and shared enjoyment. You may be running on your own but in that moment you are sharing an experience with many others around the world.

As John Donne, the 17th century English poet so wisely said, 'No man is an island, entire of itself.' The feeling of connection is a powerful and uplifting force. Let that force help you power your next step.





DAN TYE

REACH NEW HEIGHTS

Dan has a confession about his **LOVE OF MAPS...** and says that pushing ourselves to be more confident at reading them will help us get the best out of our adventures

It's safe to say I'm a nav geek. It started on visits to see nanny when I was little. The largest book (the Atlas) was on the bottom shelf and was naturally the easiest and most appealing book to drag out with my four-year-old hands. Even back then I can remember looking at all the shapes of the countries and wondering what these places would look like in real life.

Nothing much has changed. Even now, aged 36, if there's an opportunity to either 1) look at a map, or 2) use a map, then I'm first in line. It's become a running joke. "Dan, you're mappo," meaning of course that I'm in charge of the map. I'm actually quite fond of this nickname.

I was lucky when it came to learning to read a map. I had some great leaders at Cubs and Scouts. We'd have tests on what all the symbols stood for and we learnt about contours by cutting out decreasing sized layers of polystyrene and sticking them on top of each other to make a mini hill.

WHERE IT BEGAN

I remember one particular night hike where I was put in charge of a group of six of us. Looking back, at the age I was (11), there's no way a group of youngsters would be allowed to do that now without an adult. Needless to say we got lost and I remember the frustration that I'd gone wrong with the map reading. After that I said to myself that I wanted to become *really* good at map reading. But how do you do that? For me it was a case of practice makes perfect. I don't get it right every time and it's a skill that soon becomes rusty. It all comes down to how good you are at visualising things. Maybe I like map reading so much because I like to use my imagination? Take, for example, the Salomon Glen Coe Skyline race. By the time you read this it's been and gone, but as I sat down to write this the Salomon Glen Coe Skyline Facebook page shared a sneak peek of the map for the event. It showed a red circle around the summit of Sgorr nam Flannaidh (967m) and a red line across to Stob Coire Leith; this is part of the Aonach Eagach ridge traverse. Seeing this little peek at the route really made me wish I were taking part.

When it actually comes to running in an event like this, how well you navigate is just as important as how fit you are. Lack of confidence with using a map is certainly something that holds people back from entering events like this. Which is why I get a lot of pleasure seeing the updates from NAV4 Adventure on Facebook, a firm that strives to help people improve their nav. I've not met Joe Faulkner (the



DAN TYE

took a love of cross-country running and outdoor pursuits with him into the RAF as a pilot. The call of the mountains was too great though and he became a ski instructor in Canada, before working as a journalist for the past 10 years. He now edits an online adventure lifestyle blog called Adventure 52, where he encourages everyone to make the most of his or her 52 weeks a year. Find him at: @Adventure52mag or adventure52.com

man behind NAV4 Adventure) but I feel like I know him because he shares some lovely posts about a lot of things that I talk about in these columns. His biography says that: "Joe has a very long history of off-road running, adventure racing and mountain skills training. He created The Great Lakeland 3 Day Mountain Trial, Haweswater Half Marathon, Tour de Helvellyn, Lakes Mountain 42 and Pennine 39. Joe is a very experienced mountaineer, fell runner and adventure race competitor." In short, he's exactly the kind of person you can trust to learn map skills from.

FINDING A FRIEND

I sent Joe an email, wondering if he too might be a nav-geek and his reply came back almost immediately. He tells me that he is becoming known as the only runner to have completed all three Dragon's Back Races – in 1992, 2012 and 2015 – and he says, it's all because he's a 'Mappo'. When my leg's recovered, I'm looking forward to spending some time with Joe. "I'm definitely a Mappo," he exclaims. "And, for what's it worth, the ultrarunning community needs more of us."



When it comes to adventure running, how well you navigate is just as important as your fitness

IMAGE: EDDIE WINTHORPE/RFPS



DAVE STANDEN

TECHNOLOGY CORNER

Corporate wellness may soon be part of our working lives. But are you ready to hand over **YOUR DATA?** Dave examines the emerging trend for monitoring fitness in the workplace

Would you like your bosses to know how fast you can run a mile? How about if you saw them analysing how many steps you'd taken over the course of the month? Would it feel slightly creepy if you caught them analysing your sleep patterns? Welcome to the world of corporate wellness, where technology is used to create a workforce that's fitter, happier and more productive.

According to the Office for National Statistics, more than 130 million days were lost to sickness absence in the UK in 2013. The main cause was musculoskeletal conditions, such as back and neck pain, which amounted to 31 million days lost. Stress, anxiety and depression were next up, causing 15 million lost days between them.

FITNESS INCENTIVES

There's no judgement here – if people are sick then they need to take time off. But it's made some corporations think. Maybe the people they employ – those numbers on the spreadsheets – aren't mindless automatons and are, in fact, humans. Humans that need sleep, reduced stress levels and a moderate amount of healthy activity to be able to happily function in their job. Some corporations have had enough. They want to help us to stay healthy. In the process, they want to increase productivity and revenue. At the heart of these corporate wellness plans are activity trackers.

For instance, the North American arm of BP offers a voluntary scheme where staff can earn discounts on health insurance premiums. Participants aim to



DAVE STANDEN

writes about running, technology, and running technology.

Follow him on Twitter

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reach over a million steps a year, all tracked by Fitbit hardware. According to Gartner, 10,000 companies offered fitness trackers to their staff in 2014.

Fitness tech brands are quick to sniff out opportunities and Withings – maker of activity trackers like the Activité – is leading the way. It's working hard to position itself as a company that can support corporate wellness, producing reports on the effect of exercise, sleep and stress on work. Search the Forbes website and you'll find articles from Withings' CEO, Cedric Hutchings, championing the benefits of corporate wellness and how fitness technology can help.

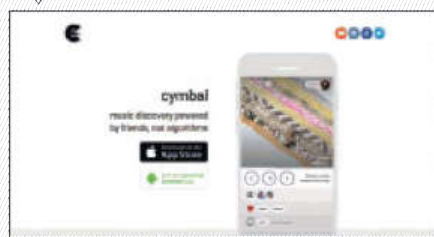
HAPPY TO SHARE?

Less stress, more sleep, more exercise, a shiny fitness tracker to slap on your wrist – corporate wellness sounds great. But before this becomes a universal given, a few creases need to be ironed out. Not everyone at work will be able to benefit from these schemes. These people shouldn't be punished through a lack of opportunity to earn the same sort of benefits as the people that do take part. Also, companies get around privacy issues by making data anonymous. But this loses part of the benefit of recording it in the first place – tracking performance and seeing (hopefully) a continued improvement.

So if your company takes on a technology-driven corporate wellness scheme, consider what happens to your data. Are you happy being judged as part of a team? Or are you happy letting your boss see your individual data and potentially questioning why you didn't sleep well last night?



SHARING IS CARING Share motivating tracks with your training partners, using these apps



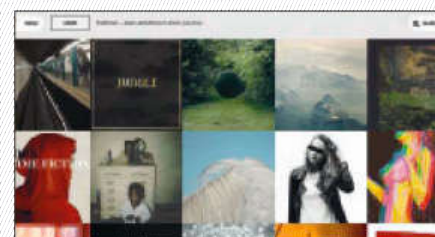
CYMBAL cymbal.fm

Cymbal is aiming to be the Instagram of music discovery apps. It connects to Spotify and SoundCloud and allows you to share songs, chat and listen to an ever-updating playlist formed from the music your friends are listening to.



RADEEUS radeeus.com

If you want to listen to music as a group, then Radeeus is a good option. It allows you to listen with your friends in real-time, no matter where they are. You can also broadcast your music and be in charge of the playlist.



UNDRTONE undrtone.com

Undrtone is a free service that allows you to discover, stream and share music. It connects to Rdio, Spotify, SoundCloud and BeatsMusic, and you can access Facebook through the app to share your tunes with friends.

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This event is classed as one of the UK's toughest Triathlons. The challenge is a 1.2 mile sea loch swim, a 56 mile road cycle, and a 13 mile hill run to the summit of Ben Nevis and back. You can also do a ½ distance Triathlon, Duathlon (cycle and run), ½ distance Duathlon and Run only. Please note, places for the Run Only option are limited, so are allocated on a first come, first served basis.

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RECIPE OF THE MONTH

Red Lentil Dhal



PREP TIME



COOK TIME

Ingredients to serve 4-6 as a main, or up to 10 as a side dish

500g red lentils
400g tin chopped tomatoes
1 onion, peeled and finely sliced
2 tsp ground turmeric
2 tsp garam massala
5 cm piece of fresh ginger, grated
1 dried chilli 2 tbsp sunflower oil
1 cinnamon stick

1-2 tsp salt and plenty of freshly ground black pepper
2 tsp black mustard seed
2 tsp cumin seeds
1 green chilli, deseeded and finely slices
4 cloves garlic, peeled and sliced very finely
25g fresh coriander, roughly chopped

Why is it good for you? Cheap, vegetarian, gluten-free, low in fat and loaded with nutrients, this warming lentil dhal is an amazing dish to support any runner's training programme. The fresh chilli, ginger, garlic and dried spices provide anti-inflammatory properties and are a great source of minerals such as potassium and copper to help keep your muscles in good health. Eat with a portion of basmati rice and you'll really pack in the slow-release carbs to sustain your energy levels. YUM!

METHOD

1 Firstly you need to wash the lentils. Pour them into a sieve and run cold water through them a few times until the water runs clear. Next, pour the washed lentils into a large saucepan and cover with enough cold water to come about 3 cm above the lentils. DO NOT ADD SALT YET, as this will prevent the lentils from going soft.

2 Bring the lentils to the boil and boil rapidly, skimming off any froth, for about 5 minutes. Reduce the heat to a simmer, and add the chopped tomatoes, onion, turmeric, garam massala, ginger, dried chilli and cinnamon stick.

3 Simmer on a low heat for 20-30 minutes, until the lentils are soft and mushy and the water is absorbed.

Add the salt and pepper, and stir well. Remove from the heat.

4 Now prepare the spice temper to stir into the lentils. To do this, heat the oil in a small frying pan, then add the mustard seeds and when they start to pop, stir in the cumin seeds and the green chilli and garlic and stir fry until the garlic turns light brown. Be careful not to burn the garlic, it will only take seconds to cook so you need to keep your eye on it.

4 Stir the spice mix into the lentils. Taste for seasoning, stir in the fresh coriander and serve with boiled rice, chapattis or naan bread.



Nutrition per serving (based on 6) **Energy** (kcal) 160 **Carbohydrate** (g) 20 (Of which sugars (g) 2) **Protein** (g) 9 **Fat** (g) 5 (Of which saturates (g) -) **Salt** (g) 1 **Fibre** (g) 5

FOR MORE RECIPES,
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Kate Percy Athlete and cook, Kate is passionate about the link between good eating and better performance. Her bestselling books, *Go Faster Food* (£12.99), *Go Faster Food for Kids*, (£16.99), and *FuelSmart for Race Day* (£3.99) bring top sports nutrition advice to life with delicious recipes to help athletes fulfil their potential. They're available on amazon.co.uk, in bookstores, or get a signed copy from her website at gofasterfood.com

Go further with ELLIPTIGO

Embraced by many elite runners as an **IMPACT-FREE** method of training, the ElliptiGO is also ideal for those nursing an injury. *RF* jumps on for a ride...



WHAT IS IT?

The ElliptiGO is essentially a hybrid of a bike, running machine and elliptical cross trainer. It offers an 'impact-free' way to train, using similar muscles to those you use when running. You ride it on the road just like a bike, yet the biomechanics and movement action is closer to running than it is to cycling.

The three models offer numerous specifications and speed options – with the top of the range model having 11 speed gears. The three-speed version is ideal for those who ride predominantly flat routes and who are unlikely to encounter too many hills.

WHAT ARE THE BENEFITS?

Ideal for runners who are injured, or who are looking to complement their training with some alternative sessions. The training effects are similar to running but without the impact, so it offers reduced load bearing and is a great rehabilitation tool. Many elite runners are substituting mileage on the ElliptiGO for running mileage to reduce impact and improve performance.

Riding the ElliptiGO requires a higher effort level than a conventional bike and uses more of the body's total muscle mass

when you ride it. Giving it the edge over cycling if you want to use it to complement or replace your running miles. You can get a shorter and more intense workout riding the ElliptiGO too, so it's perfect to ride hard intervals or reps more safely.

The ElliptiGO is ideal for runners who are struggling to regain fitness after injury or even for those who have arthritis or who've had surgery. By replacing some road running miles with miles on the ElliptiGO you can potentially extend your running life, while maintaining fitness and performance. And for those who find the seat of a bike uncomfortable, the ElliptiGO is a great alternative.

HOW MUCH DOES IT COST?

You'll need deep pockets if you want one – the ElliptiGO doesn't come cheap. The basic model starts at £1,599 and it goes up to £2,999 for the 'top of the range' 11-speed carbon model – although around the same price as a top of the range road bike. All models come with a 30-day money back guarantee.

Hiring an ElliptiGO is another option that's easier on the wallet with the 'Buy as you Hire' scheme at £24.95 per week. Find out more at rowhire.co.uk

FIRST-HAND EXPERIENCE



Sarah Russell tried it out for herself. Here's what she found...

Initially riding the ElliptiGO felt awkward and unbalanced, but within just a few minutes I felt I had the hang of it and could safely start, stop and ride comfortably without falling off! Within a few rides I could feel the benefits of my muscles working – it really hits the glutes and opens up the hip flexors in a completely different way to running. In no time at all I was spinning along the road, feeling comfortable, free and able to go quite fast. Out on the road it attracted a lot of attention with car passengers actually hanging out of their windows to get a better look! Interestingly, however – as a regular cyclist used to abuse – I felt safer on the ElliptiGO as drivers seemed to give me more room and more respect. Hills are tough... harder than on a normal road bike and I really felt like I could work hard and get my heart-rate up. It has gears and brakes just like a bike; you wear a helmet and you really can ride it anywhere you'd ride a normal bike, but with all the benefits of running. It's actually very cool. A great benefit for winter training is that you can fit it onto a turbo trainer and ride it indoors if the weather is bad or you're stuck in the house. Far more effective and enjoyable than using a treadmill.

IMAGE: EDDIE RUSSELL

FANCY A CHALLENGE?

The ElliptiGO is increasingly being used by ultra-runners and long-distance cyclists. ElliptiGO riders take part in all range of cycle sportives or long distance rides, clocking some staggering distances – some riding literally hundreds of miles at a time and others competing and racing.

There is an official ElliptiGO World Championships and a 'Century' club (for riders to clock up 100 miles). It's not just a 'bike'... it's a community and a whole new concept of competitive sport.

As we go to press with this issue, a team of

riders are taking part in the Paris-Brest-Paris cycle ride – the world's oldest and most prestigious cycling challenge. Competitors cycle the 1200km from Paris to Brest and then back again in less than 90 hours. To do this on a normal road bike would be a challenge for anyone, but to ride it on an ElliptiGO... Well, that takes it to a whole new level. If you're interested in finding out how they got on, visit idaimakaya.com/pbp2015team.

If you want to ride an ElliptiGO in a normal cycle sportive in the UK, it's usually not a problem – just contact the organisers to gain permission beforehand.



Running with friends or family members can be more fun for children.

The kids are alright

Running as a child is a very different proposition to racking up the miles as an adult. *RF* takes a look at the best ways to get youngsters **TRAINING SAFELY AND EFFECTIVELY** while, of course, having lots of fun!

It is wonderful for a parent, friend or coach to watch a youngster doing something that comes very naturally to them – running, particularly when they have a smile on their face. The question, “how far should young children run?” can be very difficult to answer and British Athletics/England Athletics do set maximum distances for competition purposes which can be found at britishathletics.org.uk/competitions/rules.

But really unless you are placing unrealistic demands, pressures or expectations on a child they can run as far as they (slowly) naturally progress to. The emphasis in early years should be on letting your child enjoy their running and progressing at their own rate.

KEEP THEM INTERESTED

To encourage enthusiasm in running and exercise in general, you can always reward children with the perfect post-run recovery drink – chocolate milkshake, which has a really good balance of carbohydrates and protein! (See our kids' running products review on p36.)

Should your child really enjoy their running or want to take it to the next level they should look to join a club with a good junior section. These can be found at englandathletics.org/clubfinder. At clubs you and your child can find coaches with expertise at working with young athletes as well as there being a social side to their running and

appropriate opportunities for competition.

Appropriate coaching and activities, including the coach being able to spot signs of overtraining, are essential for young athletes.

Make contact with the club on the phone or via email before you go along to talk to people so you and your child know what to expect and, if possible, speak to the coaches who work with your child. The coach and club can then also advise on what you should be doing with your children away from the club if this is relevant for you.

TAILORED TRAINING

Children develop at different ages and at different rates. Experienced coaches will be able to gauge this and adapt what they should be doing accordingly. When done well it may not even be obvious they have different youngsters in the group working at different intensities in a fun environment. In many ways coaching young athletes with developing bodies has a more complex set of challenges to coaching adults who are matured and have established levels of fitness.

There may also be times in their physical development (or, as they get older, during busy times such as exam periods or when they are more heavily involved in other activities) when it is best to back off in terms of the training they are doing. Qualified coaches will be able to recognise and advise when this is the case. ➔

TIPS ON GETTING STARTED

1 MAKE IT FUN with different activities including running games such as British Bulldog, Get in Gear, Raid the Goal, Shark Tag Race or even a game such as Ultimate Frisbee!

2 VARY DISTANCES and speeds to keep things interesting.

3 SET LITTLE CHALLENGES - changing distances and length of time of running.

4 ADD OBSTACLES to make it fun or even hide 'treasure' to find!

5 PRAISE EFFORT more than achievement to keep spirits high.

6 RUNNING WITH OTHER FAMILY MEMBERS or friends is the best fun (see our case studies over the page).

“The emphasis in early years should be on letting your child enjoy their running, and progressing at their own rate”



Entering races is a great way to motivate children.

CASE STUDY 1



Megan Eaton, 9, loves running with friends and family races

I've always just run around and been active! I love trail running; being outside and running along the tracks and

away from the busy roads is heaps of fun and makes me feel relaxed, plus the air feels cleaner. It's great to spot nature too!

I like running with friends, as we laugh and help each other along. When we race I try my hardest to win! I focus on the event and go a bit quiet as I'm concentrating. I also love going triathlon running training on Wednesdays and mum says sometimes I motivate her to go! We all run together sometimes: mum, dad and my little brother Jacob. We do the Rye Summer Series and it's always a really exciting family trip. We're all excited because we know we are doing a race! Jacob and I do the kids' race and mum and dad do the adult race.

I love my new trainers which daddy bought me because they are really bouncy and comfortable. I would really love to get a GPS watch next...

CASE STUDY 2



Andrew Loy, 11, loves running in the countryside, and with his dad

I look forward to doing the run because I know when I do it I will get fitter and find it much easier next time because then I will know I can do it.

The run has several hills and so you are trying to run quickly for a certain amount of time but sometimes you have to go slower as well. I have learnt that you need good stamina and you need to understand what you are doing and the more you do it the more confident you can be.

Going up hills I have learnt ways of breathing to try to get enough air in and help me concentrate. I find it good to look slightly ahead so I don't always see quite how much is in front of me to run up.

It is really nice running through the countryside. You can talk to others, hear the birds and enjoy the scenery. In towns it isn't quite as nice if the traffic is noisy and the air doesn't feel so good. I find this more relaxing than things like parkrun which feels like a race even though I know it isn't. I much prefer being able to run without worrying about other people.

I like running with my dad because it is good having someone to run with who is a better runner but is able to stay at my pace and encourage me, plus we share the great feelings at the end of the run when we can look back at what we have achieved.

GETTING TOGETHER Running Fitness chats to Kevin Draper, who was inspired to set up the first junior parkrun in Goudhurst, Kent

Why did you want to start up junior parkrun?

We've heard a lot over the last few years about the Olympic legacy and participation/involvement in sport. The sporting world seems to be full of mega rich stars and by expensive/daunting events parkrun has been one of the best examples of a simple, easy to access, consistent sporting activity that can be something in its own right or a gateway into other running and sport for those who have previously felt excluded. I've had some really positive experiences of parkrun as an adult and I love the concept – a free-to-enter weekly run for people of all abilities. It has grabbed the imagination of the public.

I know that junior parkrun is a relatively new idea and a group of us locally thought it would be something we could do for the children of the area. We're fortunate to already have a number of adult parkruns in the local area. Children in rural areas get overlooked in sporting projects, so we thought it would be great to be one of the first junior parkruns in the South East of England – here in little Goudhurst!

Briefly, what was the process to get the project off the ground?

We had to raise £6,000 to cover the costs of running the event in perpetuity (things like kit, insurance and so on), we ended up having to find £3,000 as parkrun's sponsors match the funding we find. Kent County council and the local running/triathlon clubs,

Goudhurst church and parish council helped us reach our target.

We had to liaise with a regional representative from parkrun (who was fantastic) to ensure our proposed venue was safe and suitable and the correct distance. We had to build a 'team' from volunteers from the local clubs and the church – people practised with the timing kit, marshalling the course, warm ups etc. We need a team of about 12 volunteers each week and this takes some organising. We did a test event with some of our own children. Then we set a date and took the plunge and started. The team at parkrun are keen that you start small so advertising the event is discouraged – the idea is that you grow the event slowly by word of mouth. This was good advice as we were able to work out teething problems and get things right as numbers gradually grew.

What are three positives that have come out of setting up Junior parkrun?

The teamwork and community support in putting the event together has been great to be part of. The children seem to love the event and turn up in fine weather and foul to run.

Children of all abilities take part and are positively encouraged to take part in regular activity. Some of the faster children finish their run and go back to run alongside the slower/younger ones to the finish.



ON TEST THIS MONTH

Our product focus feature takes a deeper look at some of the **HOTTEST GEAR** on the market, with an in-depth and honest review that you can trust

LET LENSER LIGHT UP YOUR NIGHT

MAIN POINTS

- Bright
- Lightweight
- Comfortable
- Steady or flash
- Controllable beam



Sarah tested the
LED Lenser SE07R
RRP: £74.95
ledlenser-store.co.uk

'THE BEST HEAD TORCH FOR RUNNERS'

I've tested and used many head torches over the years and always come back to the LED Lenser SE07R as my favourite.

WHY?

Well, for two reasons in fact:

1. The brightness of the LED light;
2. It's comfortable and lightweight.

It lights up the trail or road in a way that no other torch does. The light is a clear, white bright light with a very powerful beam. It gives you confidence that you really can see where you're going, even on the darkest trail in the middle of the countryside, where I tend to do most of my running. With hubby alongside me both wearing the same torches, the power of the light is quite incredible.

FEATURES

The light itself is a powerful LED lamp with 220 lumens, and a range of 130m. The torch can be used as a steady light or in an 'intermittent' flash mode. There is also a red LED light on the front for when you want to be seen too. The lens can be focused to a narrower



Sarah says:

It gives you confidence that you really can see where you're going, even on the darkest trail (but remember, for safety, never run alone on dark trails).



beam or used in a wide-angle mode. It can be tilted up or down – useful if you want to prevent others being blinded by your light.

Weighing only 93g, it is very comfortable and lightweight. Many other torches have a battery pack on the rear, which make them heavy and uncomfortable. The SE07R has the batteries in the front main section of the torch.

It uses 2 x AAA batteries or has the added option of a rechargeable battery

pack (supplied with the torch). Useful to carry with you as back-up.

Seems obvious, but a big plus is that it is waterproof – handy (no, essential) when running in the rain! The headband itself can be removed and washed so won't harbour any sweat bacteria and start to smell. It is also adjustable and very comfortable.

NEGATIVES:

The only (and there is only one!) problem with this torch is battery

power. I estimate I get about 4-5 hours of light before it shuts down – and it does so quickly and suddenly. But this is easily solved by taking the spare rechargeable pack with you if you're doing a longer event, or just making sure you keep the batteries fresh. Other torches will offer longer battery life, but it's a trade-off between weight, comfort and power. A short battery life is a small price to pay for the power and light offered by the SE07R.



FINAL VERDICT It's almost impossible to fault this design – from the practical elements such as removable, washable headband to the techy bits such as the strong-beam light, it ticks every box for night runners and some that they may not even have thought of! An *RF* favourite.

CHILDREN'S KIT

Getting the kids on the **RUNNING BANDWAGON**? Check out this great gear to help them along



**Running
Fitness**
ED'S PICK OF
THE MONTH

» **JUNIOR PURSUIT JACKET RRP: £30**

A good all-in-one running jacket: wind resistant, warm, hi-vis, well-ventilated. Secure zipper pockets, hood rolls into collar, 100% polyester. Yellow and pink.
ronhill.com



» **RONHILL JUNIOR BIB RRP: £8**

Keep kids safe early morning/evening with this hi-vis bib, yellow or pink. Reflective strips front and back. 100% polyester.
ronhill.com



» **KIDS ON THE GO SHAKE RRP: £1.29**

New to the For Goodness Shakes, this recovery milk has Vitamin D, milk protein, iodine and calcium. Vanilla, chocolate and strawberry; and each flavour comes in five designs depicting a different activity: scooter, football, swimming, bmx and skateboarding.
ForGoodnessShakesKids.com

» **KINVARA 5 RRP: £40**

A snug Saucony road shoe, with heel grid system cushioning and FLEXFILM in the upper for lightweight support. 4mm drop. Fun colours: coral, orange, blue.
saucony.co.uk





DOMYOS SHORTS RRP: £4.99

Value for money, super soft and comfy – perfect girls' running or gym shorts. Soft waistband for minimal restriction.

decathlon.co.uk

» SPEED DRAW PLUS RRP: £21

Easy to carry, with Nathan's trademark design for a natural grip and easy-squeeze access to fluids. Large expandable zippered pocket to fit phone, cash, food, keys.

nathansports.com



» KALENJI TIGHTS RRP: £7.99

Great value for money! Warm, with reflective label and wicking fabric so your kids stay dry. In black or red. Suit boys aged 6–14.

decathlon.co.uk



» AW HEADBAND RRP: FROM £12

Make running fun! Buff products absorb sweat and keep you dry, can be worn as a headband, hairband, scrunchie or wrist band. Fun colours/patterns, unisex.

buffwear.co.uk

» QUECHUA T-SHIRT RRP: £3.99

Good base layer or running top, comes in various colours, is soft on the skin and wicks away perspiration. Suits girls aged 5–12.

decathlon.co.uk



» MARVEL BACKPACK RRP: £25

Superhero fans will love this small but roomy pack which has adjustable shoulder straps, side mesh pockets, and reflective detail.

adidas.co.uk



» SS15 UV JUNIOR CAP RRP: £20

Made with a double layer of Coolmax Extreme fabric these funky Buff caps are super light and warm, with good breathability and UV protection. For kids under 8.

buffwear.co.uk



» VAZEE RUSH RRP: £38

Supportive EVA foam midsole, light and super comfy trainers for juniors. Perfect for parkrun, road and forest trails. Grade school sizes: 3–6.

newbalance.co.uk



DO YOU HAVE A FAVOURITE PIECE OF KIT? Join our running community at:
Twitter: [@Runfitmag](https://twitter.com/Runfitmag) or Facebook: facebook.com/RunningFitness

Coconut shy?

Confused about the benefits of coconut? Is it the **SUPERFOOD** it's cracked up to be? And how can it help runners? Renee McGregor separates fact from fiction



Every few years a new food explodes onto the scene featuring in every magazine and food blog making promises to both our health and performance. The food of the moment is coconut. Indeed, a few weeks ago when I sent a tweet about coconut, I received one back: "Surely it must be good for us as it contains the word coconut!"

I'm not against coconut at all; In fact, in its neat form it is indeed a very nutrient-dense food containing B vitamins, Folate and choline; n-6 essential fatty acids; magnesium, phosphorous and selenium; all important for necessary chemical reactions in the body. However, now we also have coconut water, flour, oil and sugar. Are they all as good for us as they make out to be?

COCONUT WATER

Coconut water has made a surge into the sports nutrition world, hailed as a natural energy drink choice to maintain hydration, particularly during endurance events.

On the surface it looks ideal, slightly lower in carbohydrate than most branded sports drinks with a refreshing taste.

The main problem with coconut water is the electrolyte content; although it benefits from having high potassium content, it is low in sodium. In order for coconut water to be truly useful as a sports drink during exercise, it would need to provide around 10-15mmol of sodium per 500ml and coconut water only provides around 5mmol of sodium per 500ml.

That said, it does make a refreshing choice and so if an individual were really keen to use it my advice would be to drink it post exercise combined with a meal such as eggs on toast to ensure that you meet your nutritional and hydration requirements.

COCONUT OIL

We've also heard a lot about coconut oil. Once again I have had to correct many athletes and explain that just because you

sensitivity. They tend to experience the same symptoms as Coeliac but there is no long-term damage to the intestinal mucosa; biopsy and blood test results provide a negative result but removing gluten from the diet will improve symptoms.

Ultimately, if an individual wants to follow a gluten-free diet even when it is not necessary, it is their choice. They may indeed feel more energised and less bloated but this is more related to the fact that they are more mindful of nutritional choices. We should all be reducing foods such as white bread, biscuits, cakes, white pasta etc; by following a gluten free diet these foods will automatically be removed.

However, do not be fooled into thinking that a gluten free diet is healthier; an issue Coeliac sufferers have to deal with is the lack of wholegrain products. Gluten free

I have had to correct many athletes and explain that just because you fry in coconut oil, it doesn't automatically make it a better choice

fry in coconut oil, it doesn't automatically make it a better choice.

Coconut oil is predominantly made up of short and medium chain fatty acids whereas most other oils are long chain fatty acids; the theory is that these MCTs are easier for the body to utilise as fuel. However, if you eat any food to excess, whether it is easy to absorb or not, it will still get stored within the body in some way and coconut oil is no exception. It is still a high fat food with a high-energy yield and saturated fat content. Until further studies and evidence is available, my advice is to vary your oils so that you get the benefits of all essential fatty acids, necessary for different functions within the body.

COCONUT FLOUR

Accompanying the gluten-free and Paleo craze is coconut flour, which is a grain-free alternative for recipes requiring flour. There are numerous studies now concluding that going GF has no performance or weight loss benefits; contrary to what we are seeing there is only a small percentage of the population that will truly benefit from following a GF diet. Coeliac disease is the most common; it is usually confirmed by taking blood tests and biopsies. The individual will then be put on a strict gluten-free diet, which they will need to comply with for life.

Similarly, there are a small number of individuals who will suffer from gluten

products also tend to be higher in fat and sugar to make them more palatable.

COCONUT SUGAR

It seems no part of the humble coconut has been unexploited. Indeed the latest kid to join the family is coconut sugar; this is in fact what my tweet mentioned earlier was linked to. With the rise of the new sugar guidelines, stating that they should not make up more than 5% of our total energy for the day; around 100Kcals a day for the average woman consuming 2000Kcals a day and 125Kcals for Men. Food Bloggers and celebrity recipe writers are all trying to find an alternative. However, these guidelines are, once again, really related to being more mindful about what we eat. My general mantra on cakes, biscuits and chocolate is by all means include them in your diet but don't make it a regular habit; an occasional treat won't harm you.

MINDFUL EATING

So back to my original tweet! My main message was that individuals should not be tricked into thinking that just because a dessert recipe contains coconut sugar it makes it a healthier option. It's still sugar and, yes, it has a slightly lower glycaemic index than table sugar, but it still contains the same number of calories. So that virtuous dessert you just tucked into is exactly the same in energy whether it was made with coconut or table sugar!



MIND YOUR headache

The last thing you want when you run is to be worrying about your **HEAD** instead of concentrating on your feet. Dr Yvette Brindle explains how to manage headaches

Suffering with headaches? Well you definitely aren't alone. In fact more than 10 million people in the UK are regularly troubled by headaches. They often trigger worry within us, particularly if they happen frequently, but more often than not, headaches aren't serious. There are long lists of causes of headaches, and we are going to talk to you through some of the more common ones. We will also look at when you should get checked out by a doctor.

TENSION HEADACHES

Tension headaches are the commonest cause of headache. At least one in three of us will suffer with these at some point; likely more, as many people self-medicate and never consult a doctor. This headache pain is typically 'generalised', across both sides of the head. It is often reported as a 'tight-band' or pressure feeling around the scalp. The pains usually aren't severe, but can last several hours. This type of pain can be subdivided into episodic or chronic, the latter is when pain occurs on more than half of the days in a calendar month.

Does this type of headache sound familiar? As the name suggests, tension headaches are often precipitated by stress. Many report the pains to get worse as the working day goes on; improving at weekends when they are more relaxed. They may also be triggered by poor posture and muscle tightness. This headache is not usually made worse by running and, in fact, may be helped by it.



**“Running-induced headaches
are **more prevalent** in those
who run at high altitude”**





Headaches slowing you down? Follow the advice opposite...

the head). It is often severe and disabling, so much so that the sufferer needs to lie down in a darkened room until the pain eases. There are often several associated symptoms as well, such as nausea and vomiting, as well as a sensitivity to the light. Some people who suffer from migraine know when the pains are going to come on, as they experience a warning sign, known as an 'aura'. This is very often a change in the eyesight, such as blurring, shapes or 'zigzags' in their vision.

Exercise is often regarded as a trigger for migraine, but evidence suggests it may actually be of therapeutic benefit and prevent attacks. However, exercise may sometimes be a trigger when it is strenuous and unplanned, particularly when the body's fluid and sugar levels are low as well. So if you find that exercise is a trigger, plan your workouts in advance, making sure you've the right fuel on board and you warm-up properly. Keeping a headache diary is helpful in all types of headache, but particularly migraine, as the triggers can often be very specific.

OCCURRENCE OF RUNNING-INDUCED HEADACHES

As with migraine, running and other forms of aerobic exercise can also sometimes trigger generalised headaches. These usually occur after exercise, but may develop during a workout and are actually relatively common. These usually occur as headaches of a mild or moderate severity and the pains are often described as 'throbbing'. They aren't usually associated with nausea or vomiting, unlike migraine, and they very often ease after a few hours, but can persist for as long as 48 hours.

Anyone who develops these types of headaches for the first time should consult a doctor to rule out any underlying medical cause. Often there is none and there is no need to worry, and these types of headaches may simply go away on their own. The exact cause is unknown, but as with exercise-induced migraine, they are thought to be linked to fluid and salt levels within the body, and are often more common in those who run in hotter climates. They are also more prevalent in those who run at high altitude.

KEEPING THEM AT BAY

On a final note, headaches are much less likely to occur in individuals who lead a healthy lifestyle; take part in regular balanced exercise, eat sensibly and successfully manage their stress levels. So what better incentive is there to keep running?



WHEN SHOULD I SEE MY DOCTOR?

Most headaches are nothing to worry about. It can be difficult to know when we should get advice from our doctor. If you have any of the following, I would recommend seeing your GP:

- » You are over 50 years of age with a new onset headache
- » Your headaches are worsening in severity
- » Your headaches wake you up from sleep
- » Your headaches are newly triggered by exercise
- » Your headaches start suddenly, rapidly peaking in intensity in less than 5 minutes
- » Your headaches started after coughing, sneezing or straining
- » Your headaches are associated with speech disturbance, loss of balance or memory disturbance
- » Your headaches are associated with red or painful eyes

When managing these headaches, we need to look at the underlying cause. Lifestyle changes, such as pressure management and relaxation are often key in making the pain go away. Running is a good form of therapy for many, as not only can it help relax the mind, it can release tension in the muscles of the upper back and neck.

DEFINITION OF MIGRAINE

Migraine headache is often over-reported, as many sufferers of tension-type headache wrongly label this pain as migraine

Migraines roughly affect 6% of men and 18% of women. There is often a family history. As with tension headaches, migraine can be subdivided into chronic and episodic. Fortunately, chronic migraine isn't common.

Diagnosing migraine usually involves following patterns. Keeping a headache diary is very useful as it can help to identify any triggers there might be. As oppose to tension headaches, migraine pain is usually unilateral (meaning it affects just one side of

BE IN CHARGE

If you suffer with running-induced headaches, here are some top tips for managing them:

1 HYDRATE: if you're planning a long run, get the fluid on board beforehand. As a rule of thumb, you are drinking enough if your urine is almost colourless (with the exception of your first wee of the day). If you've a late afternoon or evening run planned, keep a bottle of water handy throughout the day to sip at.

2 BALANCE YOUR BODY SUGARS: before a long work-out, make sure you have carbohydrates and protein on board. If you are going for a run after work, make sure you have a mid-afternoon snack, such as a cereal bar or flapjack. Equally important is refuelling after your run, when the body's sugar levels are depleted.

3 WARM-UP AND COOL-DOWN: we all know we should do it, but how many of us cut corners in this department? This is important to prevent muscle soreness and injury, particularly those in the upper back and neck, which are strongly associated with headaches.

4 TAKE PAIN RELIEF: certain anti-inflammatory medications, such as ibuprofen, are often great at relieving headaches. They can be taken in conjunction with paracetamol, and often relieve pain within 20 to 30 minutes. However, they do need to be taken on a full stomach, as they can trigger inflammation in the gullet or stomach lining, particularly if they are used regularly. If you suffer with heartburn, you should avoid these medications if you can, or speak to your GP. They are also not safe to take if you are pregnant. Some people choose to take analgesia before a run to prevent the onset of headaches. This can be effective, but it is often safer to try the other conservative measures above first. If you do end up taking them before you run, have a snack to line your stomach first.



Trail blazer

Combine running through picturesque, varied terrain with the restorative practice of yoga and you get a full-body workout in **AMAZING SURROUNDINGS**. *RF* takes a trip to the Hebrides to discover what Scotland's first surf and yoga retreat has to offer **WORDS** Ellie Ross



Helen takes Ellie through a few yoga poses to help with her running.



Get it right, and yoga will help improve your running.



There's incredible scenery at every turn on Tiree.

From the top of a grassy dune, I look down at a deserted beach, my ears filled with the sound of waves and my thumping heart. The rugged terrain around me tumbles into pristine white sand, and the sea glitters like an open box of gemstones, while a seal basks in shallow water, floating lazily on its back with one flipper in the air.

Blinking in the bright sunshine, I wipe the sweat from my brow, take a deep breath of salty air and push on.

It's hard to believe this is Scotland; Tiree, the most westerly of the Inner Hebrides, is blessed with so much sun that it's often referred to as the sunniest place in the UK, and even 'the Hawaii of the north'.

And The Maze, this sweeping bay on the west of the island, is no exception under today's cloudless sky.

I have run here from Balevullin Beach, three miles north, following the craggy coastline, with the sea never too far from my right shoulder.

This beautiful route is being shown to me by Helen Clare, a keen runner and yoga instructor, who also specialises in teaching athletes.

I am booked onto Surf Tiree, Scotland's first surf and yoga retreat, but there is more than just surfing and stretching on offer.

Every morning, the five other guests and I head to an 8 o'clock yoga class with Helen at the nearby community hall, a short cycle away from our nine-bedroom base, Island House.

We return for a hearty breakfast around the kitchen table, cooked by in-house chef Sam Lomas, who lays out trays of freshly baked bread, homemade granola, fruit and boiled eggs.

A two-hour surfing lesson with Tiree



Helen runs in barefoot shoes, but trail shoes are a good choice.



TRY IT YOURSELF

Three yoga stretches for trail runners



DOWN DOG On hands and feet, bend the knees to guide your hips up and back, lengthening your spine. Only then start to think about lowering your heels towards the ground. This pose helps to re-lengthen the hamstrings and stretches out the back, realigning the spine.



LOW LUNGE From the Down Dog, step your right foot forwards, so that the ankle is under the knee. Place your hands on your front thigh, or on the ground, and lower your tailbone toward the ground as you sink your hips. This pose releases tension in the hip flexors and the quadriceps.



RUNNER'S STRETCH From the low lunge (shown above), shift your hips backwards, then bend your right knee and lift the toes, drawing back the hip before beginning to straighten the leg to your own degree. This pose is good for runners as it deepens the stretch in the hamstrings.



The soft sand is perfect for a spot of post-run yoga.



“The variety of terrains you run across on trails means you **use more muscles** in your feet, legs and hips”

surf school Blackhouse Watersports will be slotted into the day, too, depending on sea conditions.

Then we have the rest of the time to relax or to fill with activities including paddle boarding, kayaking and trail running.

PERFECT COMBINATION

Helen, who has taught Vinyasa Flow for six years, also leads yoga and trail running retreats around the world, and believes that the two are perfect partners.

Back on our run, she explains why.

“The variety of terrains you run across on trails means you use more muscles in your feet, legs and hips than with regular

running,” she says as we jog over The Maze’s firm sand.

“So it’s even more important to stretch to keep your muscles supple and reduce injury. There are lots of yoga poses that can help runners re-lengthen and strengthen these muscles.”

As my breath becomes more laboured, she adds: “The deep, rhythmical breathing of Vinyasa Flow can increase your lung capacity, helping to feed your muscles with oxygen while running.”

The more we continue, the more I feel as though we’re running deeper into nature, far from any roads, with just grazing sheep and oystercatchers for company.

Tiree now has a population of only 650 people, but during World War II it was an important RAF base, and some 2,000 Allied troops were stationed here.

Its remoteness in the Atlantic led to plans to evacuate the Royal Family to Canada from here in the event of an invasion.

The island’s airfield is one of the remnants of the war, and it’s still in use today – it takes about an hour to fly here from Glasgow.

ULTIMATE ULTRAMARATHON

Back on the run, Helen and I push on. At the end of the beach we spot a handful of people practising barefoot drills.

Their coach is Will Wright, who has been a personal trainer on Tiree for 12 years after falling in love with the island on a windsurfing holiday and never leaving.

AUTUMN TRAIL RUNNING EVENTS:

TIREE ULTRAMARATHON, 6TH SEPTEMBER 2015

A 35-mile run around the whole of the island’s beautiful coastline, taking in 13 beaches and rugged stretches of grasslands. tireefitness.co.uk.

SOMETHING WILD TRAIL RUNNING FESTIVAL, 18-20 SEPTEMBER 2015

This combines a wild marathon, half marathon and 10km run across Dartmoor, as well as a kids’ run alongside the River Dart. wildrunning.co.uk.

FOREST OF DEAN AUTUMN HALF MARATHON, 27TH SEPTEMBER 2015

A 13-mile route in Gloucestershire, open to both

runners and hikers, with a 320ft climb. forestofdean-halfmarathon.co.uk.

RANSCOMBE CHALLENGE, 10 OCTOBER 2015

This race in Rochester, Kent, is a short route of 3.8 miles, but you can run the lap as many times as you want. saxon-shore.com/ranscombe_challenge.

HELVELLYN TRAIL RUN, 7TH NOVEMBER 2015

See the Lake District by running this 10km loop that takes you into the foothills of Helvellyn, with elevated panoramic views of Ullswater, Helvellyn and the surrounding peaks. trailrunning.co.uk.



Tiree has myriad beautiful beaches that are perfect for running.

NEED TO KNOW

» GETTING THERE:

Cheapflights.co.uk offers flights to Tiree from London City (via Gatwick) from £209 return. (You can also get the ferry (calmac.co.uk) from Oban).

» STAYING THERE:

Surf Tiree (surftiree.com) will run from 28 May – 11 June 2016. Prices are from £585 for four nights, and from £975 for six nights, including full-board accommodation and all activities.

» MORE INFORMATION:

Blackhouse Watersports (blackhouse-watersports.co.uk; 07711 807 976) offers self-catering surf and sleep packages throughout the year from £299 per person for groups of 4-6 people for five nights, including lessons.

Helen Clare (helenclareyoga.com; 0773 443 1458) runs yoga and trail retreats around the world.

Spotting the potential for trail running here, last autumn he organised Tiree's first Ultramarathon, a 35-mile race around the island's entire coastline. The route takes in grassy paths, open pastures and 13 different beaches, including The Maze, which is a beautiful exposed beach that's popular with windsurfers and surfers.

This year's event will take place on Sunday 6 September and will see competitors (individuals or relay teams) follow a series of checkpoints with simple navigation in between.

"It's the perfect way to see Tiree," Will tells me. "Most entrants are people who have never been here before and want to get around the whole island in one day."

The race has more than quadrupled in size since its launch, with a surge from 45 runners in the initial event to 200 signed up for this year's.

"People enjoy running here because of the unspoilt nature and an immense sense of peacefulness," Will says. "Since the

island is so flat, you have the whole skyline to enjoy.

"Running in Tiree gives you a real sense of being out in a natural environment."

FINAL STRETCH

Turning on our heels, Helen and I return to Balevullin Beach, passing fields flecked with buttercups and sea pinks sprouting out of rocks.

Along the way I also spot some traditional thatched cottages, which are known as Highland blackhouses, built with thick stone walls to withstand winter winds of up to 100mph.

Luckily today brings just a gentle summer's breeze, which I'm grateful for in the balmy weather.

Balevullin now in sight, we pick up speed.

I'm more aware than ever of the mesmeric rhythm of my feet and breath, focusing on what's outside – not inside – my head, savouring this precious

connection with nature.

We finish our six mile run with yoga on the beach, Helen talking me through poses that stretch out my legs and hips.

With the sand beneath my toes, the breeze in my hair and the soothing sound of waves, I can't help wishing that every run could finish like this.

That evening, we find ourselves back at the same spot, now dressed in our jeans and jumpers, for a beach cook-up of freshly caught lobster with the rest of the guests.

It's a lovely opportunity to swap stories of our day's adventures, as the flames lick and snap around pots containing our well-earned dinner.

As the sun begins to set, I look back out towards that grassy dune where my run had begun just hours earlier.

In the other direction lie more unexplored trails and beaches, turning pink and gold in the evening light. But exploring them will have to wait until tomorrow.



HELEN CLARE'S 5 TRAIL RUNNING TIPS FOR BEGINNERS:

1 FIND SOMEWHERE SCENIC. A big part of trail running is enjoying your surroundings. Choose an attractive route and this will also inspire you to keep going.

2 JOIN A LOCAL RUNNING CLUB. It's good to run with other people because you learn from their experiences, and they can show you new routes.

3 WEAR GOOD SHOES. Make sure your feet don't slip in them and that you feel confident. I prefer barefoot shoes but you can also try trail running shoes.

4 MAKE THE TRANSITION GENTLY. Don't be overambitious because your legs need to adapt to these new surfaces. Try half an hour and build up from there.

5 DON'T FORGET YOUR POST-RUN RECOVERY. It's tempting to jump straight in the shower but it's really important to stretch out after running.



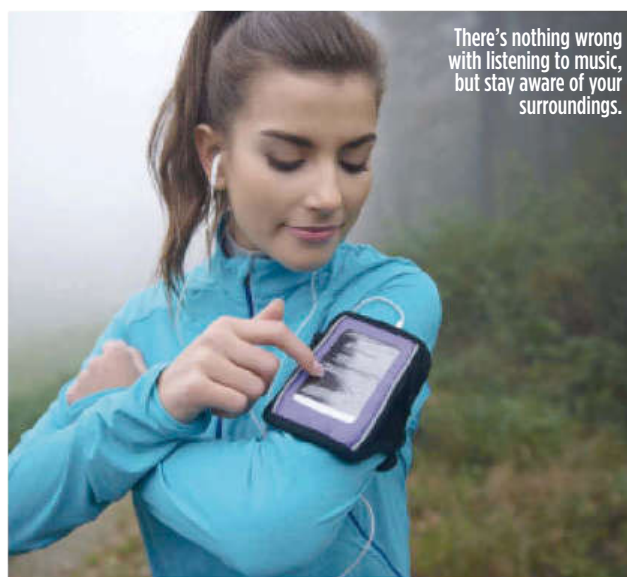
Our team of experts are on hand to answer your **RUNNING-RELATED QUESTIONS**, from training to nutrition, health to injury prevention

ASK *the* EXPERTS:

AM I A MUSIC ADDICT?

Q I love running to music, but I worry that I might be too reliant on it. I tried running with a friend for a while and we would chat almost the whole way – 10k would fly by. But I missed pounding along to my playlists and started making excuses not to meet up. I'm moving to a new area soon and would like to join a running club but I worry that without music to spur me on I will be too slow, or too shy. How can I beat my headphone addiction?!

Thanks, Rebecca Fairstone



There's nothing wrong with listening to music, but stay aware of your surroundings.

A This is a great question! Many of your fellow runners would, rest assured, be saying 'what's wrong with running to music – that's normal isn't it?' and they'd be

right. The power of sound is well-documented as helping athletes prepare mentally for competition and studies have found that athletes who synchronise their pace with music tempo work harder and perform better. So it's no wonder you love running to music! That said, there are plenty of reasons to leave your iPod at home when you step out for a run and it sounds like you intuitively know this, as you're starting to put more faith in your music than your running ability.

The first good reason to leave your iPod at home when you step out, especially if you are fairly new to running or a particular distance (like

10k) is to get to know your body, your breathing, your cadence, how much effort you are putting in, and how fatigued you get and how quickly. In other words, there are no distractions and you can focus directly on how you run and how you feel when you run. You'll generally start to feel more in control and more self aware. These two factors alone will build your confidence in your running ability.

The second issue is safety, particularly if you run in the city, at night, early mornings or in fairly secluded areas. Without being able to hear traffic, the polite warnings of a fellow runner moving past, or a defensive dog that might be up ahead, you risk injury and other potentially dangerous situations. And when running with music it's a good idea to keep the volume down to a minimum so that you can hear surrounding sounds. The same applies if you run on a treadmill in the gym, out of courtesy

and being aware of your surroundings/fellow gym-members. Also, if you plan on entering some local/popular races, race rules often state that racing to music/with an iPod is banned during the actual race – again, due to safety reasons, particularly for routes that include road traffic and large numbers.

So, to avoid developing over-reliance on music I'd approach your love of music with an 'everything in moderation' attitude – develop confidence in your ability as a runner, then choose specific times and sessions where you run to music, such as in the gym, on your long run, for a tempo run with a friend. Approach a local running club and find members who are at your level and/or run a similar pace – you'll enjoy getting to know them and your local running routes, and your motivation will soon stem from running with others than listening to music. It's all about finding the right balance. Good luck!



PSYCHOLOGY EVIE SERVENTI

is deputy editor at *Running Fitness* magazine. She is a qualified journalist, keen runner and triathlete, and health mentor. She is also studying sports psychology and has a dedicated interest in training your mind
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[evieserventi.com](#)

There's no reason that, with the right treatment, shin pain can't become a thing of the past for you.



DO I HAVE TO GIVE UP RUNNING FOR GOOD?

Q Can you help me? I haven't been able to run for six months. I've been resting all the time because of shin splints but am now getting aching symptoms in my lower right leg on the outside, even when I sit down. It feels very sore when I run my fingers along the bone and just a few minutes of walking can start it. Maybe I have to accept running is not for me?

J.Ogden

A Sorry to hear you have not been able to run for a year. It must be extremely frustrating for you, as indeed it is for me as I can't help but suspect that with the right advice & rehab you could have been back to running by now.

Based on your email, I cannot tell if you have been assessed by a health professional yet but given that this pain has lasted for so long I do urge you to do so. If you have seen a professional, I hope they have pointed out to you that 'shin splints' is not actually a diagnosis. There are many potential causes for pain in the shins and, as is so often the case with running related injuries, finding a solution to the pain requires us to accurately determine the cause.

Severe or persistent shin pain is not something we should ignore or hope

disappears eventually. It can escalate to more serious issues like stress fractures, so getting assessed by a suitably qualified health professional is heavily recommended. They will be able to see whether the pain is bone-, muscle- or tendon-related, each of which will require a slightly different rehabilitation program.

The sensitivity you are feeling on the bone may imply it is bone related. But don't let this fool you into thinking running is bad for your bones. As long as you don't overdo things (which will be different for everybody), the impact from running actually causes bones to get stronger. The problem is, if you do too much you can cause an inflammation to the membrane on the outside of the bone, resulting in tenderness when you push into it, and pain on impact. Left unaddressed, the pain can get progressively worse and may continue after running and, like you say, even when you are just sitting

down. As I have already mentioned, if you haven't had it checked out yet, please do so.

The danger is that it can develop into a stress fracture and rest alone will not necessarily see it go. You will probably need a gradual, progressive strength program alongside modification to everyday activity. Eventually, a gentle return to running should become part of your rehab.

Seeing a professional should also help you avoid it happening again by identifying what caused it in the first place. They will discuss with you possible causes such as a sudden increase in frequency (number of times you run a week), intensity (speed or incline) or duration (how long you are out running), wearing old unsuitable trainers, poor running form and/or weakness in key muscle groups.

I hope this helps. Let us know how it goes!



INJURY **MATT PHILLIPS**

is a Running Performance Coach & Injury Specialist at StrideUK & Studio57clinic. Follow Matt on Twitter: @sportinjurymatt

HOW DO I PREPARE FOR A COMMUTER RUN?

Q I work long days three days a week, 9am–7pm. I usually go the gym before work. However from next week my shifts are changing so I'll be working 8am–6pm, which will be too early to go to the gym before work as it doesn't open until 6.30am.

I know, that even with the best intentions in the world, I won't go after work, so I have decided that to keep up my fitness on these long

work days it will be a good idea to run home. It takes an hour to commute, however the distance is only 3.8 miles so I'll probably get home quicker.

Having done most of my training in the gym, I'm unsure where to start with road running, and also I know I need to be super-organised with what to take to work, and also invest in a backpack and think about safety.

Any advice would be appreciated!

Annemarie Wright



COACH **SARAH RUSSELL**

has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach
sarah-russell.co.uk

A Working long hours is a real problem for many of us and it can be hard to find the time to train. Commute running is a brilliant idea and a great solution... but organisation and planning ahead are absolutely key.

Firstly, however, you need to get used to running on the road, rather than just the treadmill. There is more impact and it will feel harder, so take it easy to begin with and try some shorter sessions before you do the commute home. Slow down, keep the pace comfortable and try some shorter 20–30-minute runs to get your body used to the new terrain. Have some walk breaks if you need them too. It's not a race to get home... treat it as a nice easy jog/walk home which, as you say, will get you home faster than if you take public transport or drive! In addition, check you're wearing the right running shoes... the shoes you've been wearing in the gym may not provide enough cushioning or be right for your running needs, so pop along to a good running shop and get some expert advice.

Organisation is critical for 'commute running' and one of the hardest things to get right is eating and drinking during the afternoon. There's nothing worse than attempting to run home at 6pm and feeling exhausted and

starving hungry. So on your 'run home' days, plan an afternoon snack at around 4–5pm (a banana and cereal bar for example?) to fuel you for your run home and make sure you keep your fluids up during the day, so you're not dehydrated.

A good sized rucksack will be vital, so it's worth investing in something which is running specific, fits well and has enough space for all the things you want to take home. My favourite for run commuting is the Rev 6 from Osprey (£70 ospreyeurope.com). It's lightweight, has a great fit and 6 litres of space for all your kit. If you feel you want something bigger then try Salomon Trail 20 (£50 salomon.com), which has 16 litres of capacity and is ideal for commuters. And if you need to carry a laptop, you might find the 'Flap Jill Pack' from Osprey just the job (£70 ospreyeurope.com).

You'll have to plan ahead with your clothes, lap top, work papers, phone and other items to decide what to leave at work and which you need to take home. Try to leave as much as possible at work if you can. It takes a bit of thought and planning ahead, but the benefits of running home will soon make any 'inconvenience' well worth it.

As we head into winter, make sure you're safe by wearing high visibility and reflective kit (see our product p60) and always carry your phone in case

of emergencies.

When you start your run, remember you'll have been sat down all day, so start with some mobilisation exercises to warm up first – leg swings, lunges, hip rolls etc – then ease into a nice gentle pace. You might only want to start with two runs per week, then add

in the third as you get used to it. The principles of increasing your mileage gradually still apply.

To begin with, 'run commuting' might feel very daunting, but get organised and just give it a go. You'll reap the rewards in no time! Well done.



Get kitted out with the right-sized bag for everything you need.

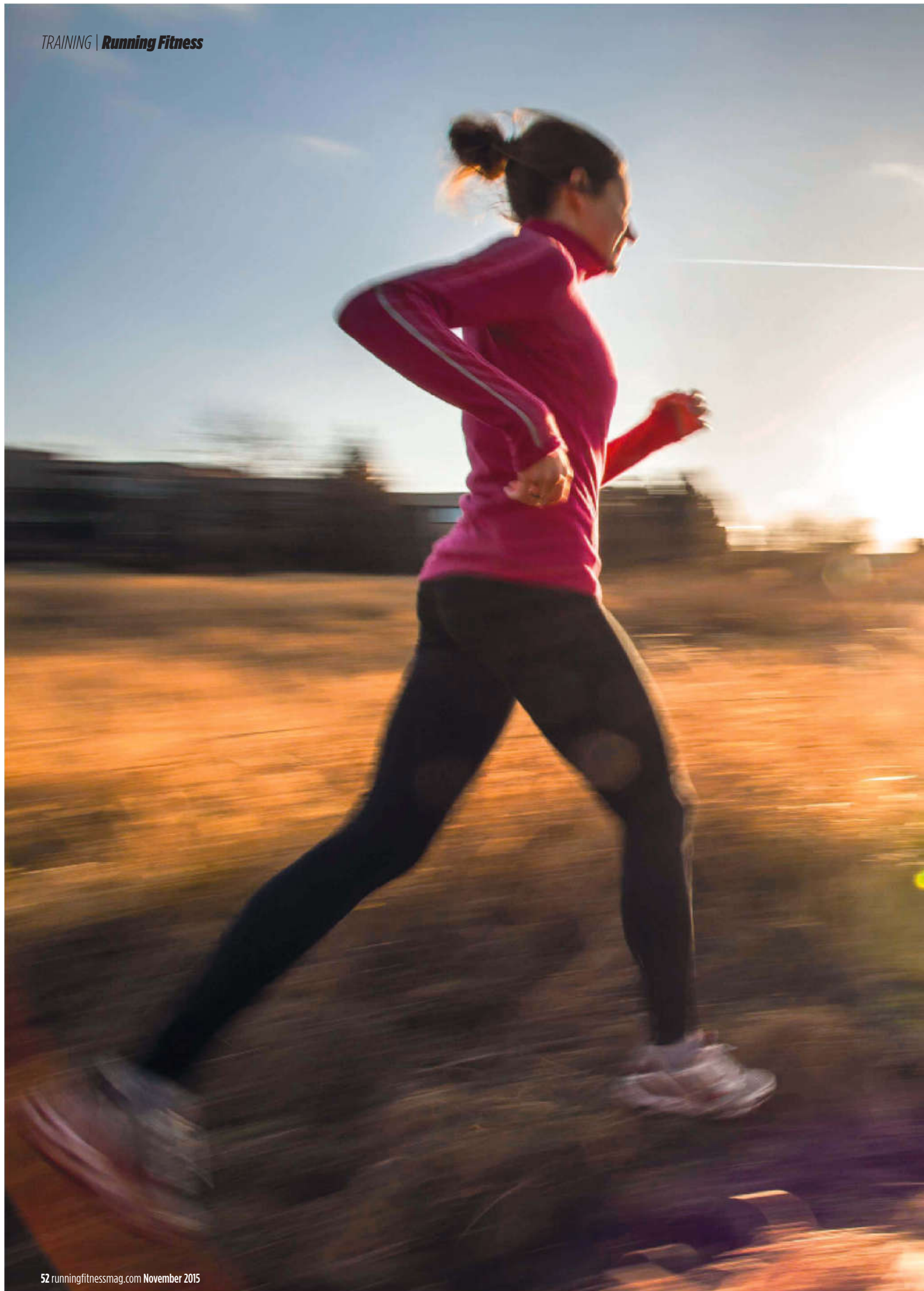
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HOW TO RACE A 5K

Successful 5k racing requires a fine balance between speed and endurance. Even though it's relatively short, racing a 5k properly really hurts. You need to find that pace – just hard enough to keep going without throwing up – and hang on! It'll feel around 8-9/10 on an effort level scale and just beneath your anaerobic threshold. You need to be just below your maximum effort for almost three miles and towards the end you'll likely be pushing as hard as you can. It can be tricky to get the pace just right... but that's where the training comes in and smart race day pacing.

BUILD FOUNDATIONS

A successful 5k starts with the right training, good foundations and building blocks. It's not just about 'speed', which is the mistake most runners make. Too much speedwork may break you, not make you faster. You need the aerobic base in place first.

So first you need to develop a good endurance base – through months and weeks of steady, consistent mileage – and a blend of strength, explosive power and the ability to hold that tough pace on race day. And it's as much about your mind as your body – self-belief and mental toughness are as important as your fitness.

Developing a wide range of running paces in training is vital, where you run the 'easy stuff' slowly and the 'hard stuff' faster. Too many runners train in the 'mid zone' and develop a limited range of pace. Running slowly does seem counter-intuitive, but stay with us, it's all for a reason.

This plan will see you going hard in your tempo and speedwork, slowly in your longer runs and will include some cross training and strength work. We've also included some plyometric training. It isn't all about pushing you hard; it's about getting the balance right, training smart and staying injury free.

GETTING THE BEST OUT OF PARKRUN

Don't make the mistake of 'racing' parkrun every weekend. Even though it's a relatively short distance, racing hard is tough on your body and can quickly lead to injury or breakdown. You'll also reach a plateau fairly quickly where your times aren't getting any faster. Instead, only 'race' properly once a month; and if you want to take part every week, then jog with a friend, support another runner or offer to sweep the rear – so it takes the pressure off and removes the temptation to 'race it' every time.

Run a 5k PB

If you're relatively new to running, perhaps been doing a regular 5km event and want to **GET FASTER**, then this is the plan for you.



HOW IT WORKS

Don't follow this plan to the letter – it's just a guide. Learn how to build up the long run and how to factor in recovery and strength work... it's a bit like a jigsaw puzzle. Become aware of fatigue and niggles and respond to them with rest and treatment, rather than pushing through. Take a day off if you need to and adjust the programme to suit your life.

Follow our easy plan and you'll be well on your way to a new PB!

8 WEEK PARKRUN PB PLAN

You'll race parkrun three times over the eight weeks. Initially to give you a benchmark time, then every fourth week you race hard to see how you're progressing. You can still enjoy parkrun on the other weeks, just jog it easy or volunteer as a sweep runner.

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	REST FR	WU 555 D/PU	45 mins S&C	4 miles EPstrong	REST FR	parkrun RACE HARD	4 miles EP Trail
WEEK 2	REST FR	Rep Pyramid D/PU	45 mins S&C	5 miles EPstrong	REST FR	3 miles EP PLYO	6 miles EP
WEEK 3	REST FR	WU 555 D/PU	45 mins S&C	4 miles EP Trail	REST FR	parkrun EASY JOG	4 miles EP Trail
WEEK 4	REST FR	Rep Pyramid (1 Set) D/PU	45 mins S&C	5 miles EPstrong	REST FR	parkrun RACE HARD	4 miles EP FR
WEEK 5	REST FR	WU 555 D/PU	45 mins S&C	5 miles EP hilly trail	REST FR	3 miles EP PLYO	6 miles EP trail
WEEK 6	REST FR	Rep Pyramid D/PU	45 mins S&C	5 miles EPstrong	REST FR	3 miles EP PLYO	6 miles EP
WEEK 7	REST FR	WU 555 D/PU	45 mins S&C	5 miles EP	REST FR	Parkrun EASY JOG	4 miles EP
WEEK 8	REST FR	Rep Pyramid (1 set) D/PU	45 mins S&C	4 miles EPstrong	REST FR	parkrun RACE HARD	3 miles EP FR

ARE YOU READY?

Before embarking on this plan, you need to have been running for at least 6–8 months and be running at least three times per week and able to run 5–6 miles fairly easily. You'll have already completed a few 5km events and possibly a 10km or half marathon. This is not a beginner plan. It's a plan to step things up a notch, and working towards your best 5k time.

Have a session with a good sports therapist, biomechanics coach or physio so you can address any niggles or issues before they become show-stopping injuries.

There are four runs per week, a strength session and two rest days per week. It's all in there for a reason, so don't skip the stuff you don't like! It's simple and easy to follow.

SESSION TERMINOLOGY

EP = Easy Run. This is just that. Leave your ego at home. Run well within yourself, where you can chat and it's comfortable. If using a heart-rate monitor – keep it around 70–75% of your max. Around 5/10 effort level... VERY easy.

EPSTRONG = Easy Run, but build your pace over the final mile so you finish hard – around 9/10 effort

REP PYRAMID = Use a track if possible. Pyramid reps of 200m, 400m, 800m, 400m, 200m (run at a hard pace) with equal rest between each rep x 2–3 sets. Warm up with mobility exercises and some short bursts.

WU 555 = Wind up 555 – A progressive tempo session in 5 minute blocks – you start strong and finish hard. 5 min warm-up jog; throw in some bursts to get your heart-rate up then hit the first 5 min block at a strong pace 7/10 effort. Progressively build up so by the end you're at 9/10 effort and flat out, but still controlled. Cool down with a 10 min jog.

S&C = Strength & conditioning. If you're new to S&C start with 30 minutes of body weight exercises at home, then progress to using resistance such as kettle bell, TRX or free weights in the gym.

PLYO = Plyometric training. The benefits are huge including improved power and injury risk reduction. It can be challenging and increase risk of injury when you're new to it, so start with some basic moves and get advice from a trainer. You only need 10–15 minutes to get some really good benefits. Try single leg squat jumps, lunge jumps, squat jumps and shallow box jumps to begin with.

D/PU = Drills/Pick Ups. Throw in a mixture of high knee drills, bum kicks, skips, side stepping and a few 30 seconds 'pick ups' – where you push the pace for a minute or so with light feet, good posture and quick cadence.

FR = Foam Rolling Include 2–3 sessions (20–30 mins) per week of foam rolling and using a trigger ball in your glutes. Check out TP Therapy Tuesday on YouTube for some expert advice. REST days are ideal for some foam rolling.

RF

Right foot forward...

New shoes for the **AUTUMN?** *RF* checks out the latest offerings from On and Asics

On Cloudcruisers £124

For a list of retailers, visit on-running.com.

WHAT THEY SAY:

"The new On Cloudcruiser makes concrete easy and offers outstanding impact protection." With the Cloudcruiser, the newest of the 'cloud' family, On is promising excellent ventilation and freedom, thanks to the three-dimensional mesh weave, plus the padded collar around the ankles offers extra comfort and support. The progressive lacing is distributed evenly over the bridge of the foot for ultimate support, preventing pressure points. This shoe, like other On styles, is made with the patented CloudTec sole for a cushioned landing and powerful take off.

WHAT WE SAY:

On shoes always turn heads, with their futuristic-looking soles, but this shoe has even more to admire, with a choice of three colours (Grey/Ink for men and Smoke/Pearl or the paler Aqua/Moon – shown here – for ladies) and a



more padded, chunkier appearance that makes it look like it means business. The shoe size comes up very slightly big – our tester usually wears a size 6 and said they might have been better in a 5 – but the progressive lacing meant they stayed in place so didn't feel unstable. They are ultra-light, so this helps put a spring in your step, and the mesh weave keeps your foot quite cool.

The tongue comes up quite high and our tester found that they needed longer socks to buffer this a little (not trainer socks) but the padded 'collar' is a nice touch for comfort. These shoes were tried over road, trail and track; the unique structure of the sole doesn't cope as well on an uneven ground but they performed very well on track and were good on road, too.

BEST BIT:

The weight (what weight?!) and comfort. And the envious looks from other runners!

ROOM FOR IMPROVEMENT?

The tongue could be shorter/softer but this isn't a make-or-break issue.

FINAL VERDICT A great, ultra-lightweight shoe that's perfect for track and road running – unusual colour is an added bonus.

Asics Gel-Kayano 22, £150 asics.co.uk

WHAT THEY SAY:

An Asics favourite for 22 years, this new version of the Gel-Kayano is lighter, more comfortable and offers more stability. Layers and stitching has been removed from the uppers to reduce the weight, resulting in a FluidFit mesh that stretches where you need it, while new stitching has been introduced in key areas of the foot to maintain the shoe's stability. This shift has knocked over 10g off the overall weight. Further development in the heel involved remodelling the heel cup, giving more medial support and offering extra stability for the over-pronator. For winter, Asics is launching a LITE-SHOW version of the shoe, with 3M reflective technology – a reflective material woven into the mesh for visibility at night.

WHAT WE SAY:

Our tester described the feel of these shoes as 'like



ROOM FOR IMPROVEMENT?

Laces could be a bit longer but at least if they come undone you won't trip over them!

FINAL VERDICT A really secure-feeling shoe that's light and supportive. Great for over-pronators and a good one for the impending winter.



WIN an IRONMAN Run x50 Timex watch!

Step up the training with accurate time checks, GPS and all your **MOBILE APPS**
IN ONE PLACE with this great runnersing watch

Now into its third decade of producing sports watches, Timex has impressed us again with the latest launch, the IRONMAN Run x50. This clever new watch can connect wirelessly to your android or iOS device, letting you view and control fitness apps and music, receive text messages, caller notifications and all sorts of other alerts and notifications.

Of course, it also offers the great training features, including interval timer, alarms and an INDIGLO® nightlight, making it the ultimate piece of training kit for any runner from beginner to advanced.

Running Fitness has teamed up with Timex to offer one lucky reader the chance to win an IRONMAN Run x50 watch – for your chance to win, simply go online to runningfitnessmag.co.uk, click on the competitions section and follow the instructions to enter.

To find out more about Timex's products, visit timex.co.uk.

TERMS AND CONDITIONS Entries close at midnight on [16/10/2015]. The winners will be notified within 28 days of the close of entries. The draw is final and no correspondence will be entered into. Entry is free. Open to residents of the UK aged over 18. Employees of Kelsey Media and their family members are not eligible to win. Only one entry permitted per person, no bulk entries will be accepted. The first correct entry drawn after the closing date will win. There is no cash alternative and the prize is not transferable. If any prize or product is lost or damaged during the course of delivery to the recipient, Kelsey Media will provide reasonable assistance in seeking to resolve the problem. However, it will not always be possible to obtain replacements for lost or damaged goods, and in that event, no financial compensation would be payable by Kelsey Media or their affiliates. We reserve the right to cancel the competition, if circumstances change that are beyond our control. By entering you agree to be bound by all the rules and agree that your surname and county may be released if you win. By providing personally identifiable information when entering this competition, you are agreeing that we may use it to provide you with on-going information about our products and services, although you can unsubscribe at any time, if you wish to do so. *Running Fitness* is a Kelsey Media brand. Kelsey Media will only ever use your information in line with its Multi Layered Privacy Notice. For full details, visit kelsey.co.uk. If you have any questions please ask as submitting your data indicates your consent, until you choose otherwise, that we may contact you about products and services that we believe to be of relevance to you.



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Running with others can help you take your **TRAINING TO THE NEXT LEVEL**. Plus it improves your health and your relationships, according to research.

WORDS Evie Serventi



BE ACCOUNTABLE

"I'm very good at talking myself out of exercise, especially if it's early morning or freezing! But I'd never let a friend down who was waiting for me!" says health writer and runner Hannah Ebelthite. "Cancelling and changing your schedule sometimes can't be helped, but you are more likely to stick with your training plan if you organise runs with a partner, because you know that cancelling means you could be messing up their plans too. Plan your training runs with your running mate up to two weeks in advance so you still have options/room to move dates around if you need to.

"It's also useful to deprive yourself of a get-out clause. If you know your only slot to run is early in the morning, but that you're likely to press snooze on your alarm and pull the duvet higher, then arranging to meet a friend means you have to get up and out. The same applies if you're rubbish at getting out on winter evenings when it's dark and cold. Arrange to run with a friend for the type of run you least like - and don't just make a loose arrangement that you'll text each other if you're running - make a firm commitment to meet them on that corner by that postbox to run five miles at 7pm."

You'll be more likely to push yourself and give 100% because someone else is counting on you

Someone with the same goals will help you achieve your own.



Find a partner who knows when to push you and when to hold off.

HAVE MORE FUN

Regardless of how much you love running there are days when it can feel monotonous. Running with a friend or group can give you positive energy. Peter Goodman, who runs with a triathlon club in Sussex, has managed a more consistent training schedule this season by taking the plunge, socially. "Last year I missed out on so much training because I find swimming and running difficult, so get bored easily and talk myself out of training. This year, I made sure I got to know some of the good swimmers and runners in the club and forged real friendships. As a result, we planned regular sessions and I found training so much more motivating. We'd run different routes, based on what one of us felt like doing, we'd chat, and almost forget we were running! It made all the difference."



BUDDY UP, BUT BE WARY OF: OVER-RELIANCE

"The potential downside of training with others is that you come to rely on company for runs, similar to any crutch you might have (such as only running on roads, or always listening to music). What happens when you've got a 10-miler to do and your running partner is sick? Or when race day comes and you're running alone?" reasons Hannah. Indeed, studies show that

'outsourcing' the mental effort required to complete fitness goals can in fact reduce your own effort (Fitzsimons and Finkel, 2011). To avoid relying exclusively on a training partner, Hannah's ideal training week is a mixed bag of club runs, solo speedier sessions, sometimes parkrun (with like-minded strangers) and a long run accompanied by friends for sections.

**DID YOU KNOW?**

Running with a buddy can increase your emotional connection with others. A study by Stel and Vonk (2010) found that non-verbal matching helps people feel emotionally attuned with one another

WORK HARDER

Training in the presence of others can result in a better performance, even if you're not consciously competitive. It's a term known as 'social facilitation', first coined by psychologist Norman Triplett in 1898 who noticed that cyclists rode faster when cycling in the presence of others than when riding alone. Triplett's research has since become a long-standing concept in social psychology, with growing evidence that the mere presence of someone else affects your ability to do an activity – including running (Zajonc, 1965). A running partner also keeps you honest: you'll be more likely to push yourself and give 100% because someone else is counting on you, particularly in training sessions. As a result, you'll be more consistent, build fitness faster and develop confidence as you continue to push your limits. That said, working harder is not all about running hard and pushing yourself – it's about being intuitive and accepting there may be days you feel sluggish and/or tired. Running with a friend/partner who shares this philosophy is a huge advantage because they'll help you reason that 'it's okay to take it slower today, even stop and walk' – encouraging you to listen to your body rather than your ego!



Getting ready together helps to bond you as a pair.

CELEBRATE SUCCESSES TOGETHER

It's a classic human flaw to train and race well without acknowledging or celebrating it, then agonise over a bad run or DNF for the rest of your life, said top sports coach Professor Greg Whyte. But if you celebrate every achievement, you'll build a healthy perspective. Training with others gives you the opportunity to share each other's successes, edge closer towards shared goals and plan rewards together. Celebrate after a race with a night out or even just go for a long slow trail run, leaving watches behind. These shared

experiences will reinforce why you love running.

Crossing the finish line of a race with someone with whom you've shared months of tough training is a powerful experience, often expressed through sheer emotion rather than words. Experiences like this, say experts, have a bonus to your health. Positive emotions, especially awe, are associated with lower levels of pro-inflammatory cytokines – linked to depression and cardiovascular disease – according to a study published in the journal *Emotion*.

STAY ON TRACK

Training with others who have similar goals can help you stay committed. "Members of my triathlon club tell me that while they love to train on their own, their motivation to stick with their weekly training schedule comes from knowing that they are meeting fellow club athletes, particularly for tough speed sessions and longer runs," explains health writer Hannah Ebelthite. She trains with her club on Tuesdays, runs on her own twice a week, and does a weekend long run, which is where a running buddy is an asset. "I try to find someone to join me at least for part of it. It works well if you can team up with a runner who is targeting the same event, as you'll have the same goal."



DEVELOP HEALTHY COMPETITION

Running and training with someone else can also help you learn to challenge yourself in a healthy way, says triathlete Peter. "I'm competitive, sure – what guy isn't?! – but in races I used to freeze and get overwhelmed by nerves. When I started doing sessions with the club, we'd encourage each other and not in an aggressive way, and so I felt good, was able to learn to control my nervous energy and use the adrenaline to power through. That simply transferred to racing because I practised feeling competitive with my training partners."

PRESSURE

Finding a partner you are naturally in sync with can take time. You need to think about where you're at training wise, and what sort of run each of you is doing, as runner and health writer Hannah points out: "If you're trying to get faster there's little point doing your training runs with a slower group. Save them for social runs and find some speedier pals for tempo runs, or go it alone."



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These EBE leggings are reversible for a look to suit your mood. The EBE leggings stand out because of functionality and versatility, but also because of their urban-inspired looks. odlo.com



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A bright white t-shirt is ideal when it's dark but the temperature is still warm. Features a low neckline for comfort and a highly breathable fabric. We love the motto 'shine in the dark' which has reflectors incorporated into the designs for added safety in the dark. odlo.com



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**Running
Fitness**

**ED'S PICK OF
THE MONTH**



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» **PROVIZ REFLECT360 RUCKSACK £69.99**

At night, when lights shine on the fabric, it becomes stunningly bright and reflective. It is waterproof and has adjustable hip and 30l capacity provizsports.com





» **ADIDAS SUPERNOVA STORM JACKET, £60**
Whilst this 'pullover' jacket might be black, once it's under the headlights of a car there are hundreds of reflective flecks in the upper body, which shine brightly to make you visible. It's stretchy and shower-proof too.
adidas.co.uk



» **ULTIMATE PERFORMANCE REFLECTIVE RACE VEST £9.99**
Lightweight and breathable, this vest slips on over your normal running kit making you instantly visible in all conditions. You'll hardly notice you're wearing it. Great value for money.
ultimate-performance.co.uk



» **BROOKS WOMEN'S GREENLIGHT TIGHT, £60**
Get noticed in these bright tights from Brooks. The wide, flat waistband makes them comfy and flattering.
brooksrunning.com



» **BROOKS MEN'S DRIFT ZIP TOP NIGHTLIFE/BLACK, £70**
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brooksrunning.com



» **NATHAN STROBELIGHT, £11.99**
Clip this tiny light onto your belt, jacket or armband for instant visibility. The blinking or steady light modes make you more visible to drivers and other road users. Range of colours and water resistant.
nathansports.com

WHAT'S THE DIFFERENCE?

A bright luminous colour – pink, orange or green – is good for 'low light' conditions (at dusk, early morning or on country lanes), but not at night. 'White/grey' material – often used as piping, shoulder or ankle strips – is reflective when light shines on it... and this is what you need at night. Many clothing items have both, but not always so do check.



DO YOU HAVE A FAVOURITE PIECE OF KIT?

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Entries can be made through the race website,

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Credit to Charles Whitton Photography

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SPEEDWORK

If you want to get faster, try picking up the pace with some **SPEEDWORK**. Sarah Russell explains the theory and offers three great sessions for you to try for yourself

Doing some sort of 'speedwork' can make you faster, improve your form and can be fun... but it's only the icing on the cake. The crux of any successful training programme is actually a solid aerobic base fitness. By this we mean months of consistent injury-free 'easy' running – not the 'high intensity, high risk' HIIT training methods that seem to be so popular at the moment. Without a good aerobic base behind you, speedwork sessions may be ineffective at best and damaging at worst.

But many runners train in what I call the 'midzone' most of the time – around 80-85% of their max heart rate. Not especially fast nor particularly slow... just somewhere in the middle – and consequently they end up having a range of pace which is very narrow. Successful runners, on the other hand, will develop a wider pace range; where there is a difference of two minutes per mile (or more) between their long slow run pace and their 'race' pace for a 10km. It's not a new concept, but it's something we refer to as the 'polarised' training method – initially developed by Arthur Lydiard back in the 1950s. You slow down for almost 80% of your training, but work harder for the remaining 20%, avoiding the 'midzone' altogether. Matt Fitzgerald explains the concept well in his recent book *80/20 Running*.

So, if you want to get faster you need to do a number of things:

» **Build a solid aerobic base fitness** – months of easy running, with the right balance of intensity, long runs and mileage

» **Be consistent and injury free** – have the ability to recover from training, adapt and train regularly without injury

» **Get strong** – strength and conditioning is vital to help prevent injury but also make you more powerful

» **Cross train – don't just run.** Cycling, rowing, swimming or hiking will make you stronger and more resilient

» **Nutrition and hydration** – have strategies in place to support your training, recovery and immune function

» **Speedwork sessions** – to improve your top end speed, add variety to your training and improve running form

Add some hiking to your routine as some essential crosstraining.



Try our speedwork sessions and you'll be faster than the speed of light! Well, almost.

GET STARTED

If you want to include some speedwork sessions in your training, make sure you've got the basics in place first, then ease into some short sessions gently and see how your body responds. Keep an eye out for any niggles or problems and back off if you feel things aren't right.

HOW OFTEN?

You could try a short speedwork session every 10 days or so to begin with, then if that's all good, then try a weekly session. Avoid doing speedwork, hard or long runs or races on consecutive days – space out your week to ensure adequate recovery. Follow the 80/20 rule: slow down for 80% of your weekly training; the other 20% is where speedwork comes in. So if you run 25 miles per week, you would run 20 miles at a much slower pace, and five miles could be allocated to speedwork. To begin with however, that still might be too much, so build up, starting with 10% of your overall weekly mileage.

The track is a good, flat surface to try Sarah's Wind Up 555 session.

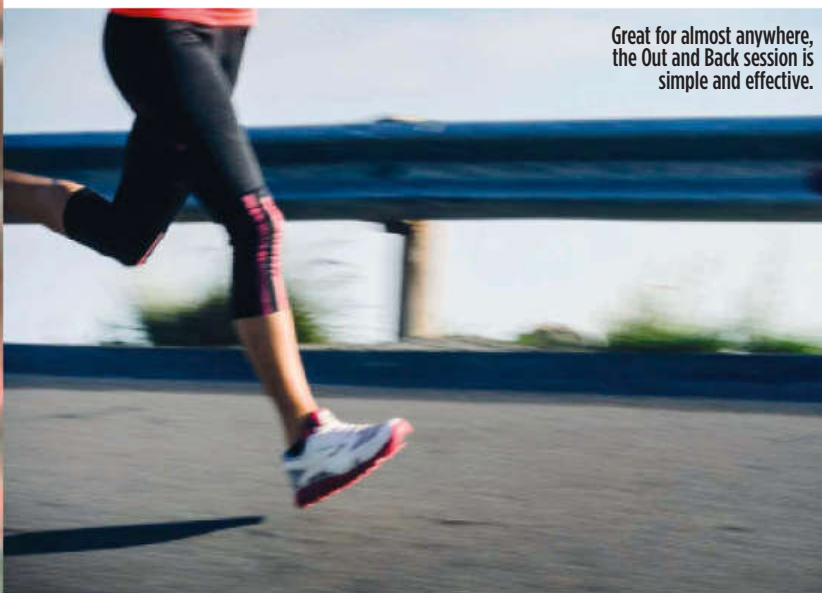


TRIED SPEEDWORK?
TELL US HOW YOU GOT ON
TWEET AT @Runfitmag
OR SHARE ON
Facebook.com/
RunningFitness





Keep an eye out for any niggles and back off if you feel things aren't right



Great for almost anywhere, the Out and Back session is simple and effective.

3 SESSIONS TO TRY: Take your pick and start your training

1 WIND UP 555 (OR 777)

This is a great session and one of my favourites – it's a 'safe' option for new or returning runners and creates less stress on the body than running hard repetitions or hills. The 'Wind Up' is a progressive continuous 'tempo' run where you gradually build from a strong pace and get faster, finishing hard. It's great for holding 10km and half marathon pace and a nice introduction to tempo running. We start with five-minute increments (hence the 555) but you can increase it to 777 as you progress. You don't rest between each increment, just keep running.

HOW TO DO IT: Warm up in your usual way with dynamic stretches and mobility – legs swings, lunges etc and jog for 10–15 minutes. Throw in a few 30-second bursts to get your heart rate up. Find a nice flat route, then start your watch and run for five minutes at a strong pace (around 7/10 effort level or 85% max heart rate). For the next five-minute block, increase the pace further so you're at 8/10, and again for the final five-minute block, so you finish almost flat out at 9/10 effort level. Jog to cool down – you can add on another 1–2 miles at an easy pace.

2 HILL PYRAMID - 30-60-90-120-90-60-30

Hill reps will build strength and power. This session makes it fun and mixes things up. Don't run them too fast, but focus on a strong pace and consistency – so your last rep is as good as your first. Make sure you run with good form – light feet, look up and strong arms to power you up the hill. Take smaller steps and drive with your knees. Hill reps can over-stress your calf muscles so be careful if that's a hot spot for you.

HOW TO DO IT: Find a relatively 'gentle' slope – nothing too steep – which will take you at least two minutes to run up from bottom to top. Warm up with your usual dynamic stretches and mobility and take a 10–15 minute jog. Run up the hill once (at a fairly gentle pace) to get a feel for the incline and pace, and jog/walk back down.

Start by running up the hill for 30 seconds at a strong pace (not flat out), then walk/jog back down. Then run up for 60 seconds, 90 seconds and 120 seconds... then 90 seconds, 60 seconds and finally 30 seconds – jogging back down between each rep. That gives you one full 'set'. To make it easier you can run 30, 60, 90, 60, 30 and repeat twice.

3 OUT AND BACK

This is a super simple session and great if you're short of time or away travelling or on holiday. It builds a strong finish, teaches pacing and will help you run a negative split. You can play around with the time to make it tougher or easier.

HOW TO DO IT: Warm up with your usual dynamic stretches and mobility exercises – leg swings, lunges etc. Find a flat 'out and back' route – something like a canal tow path or cycle track will work well. Note your 'start point' and just start running at a relatively easy pace. After a set time (15, 20, or 30 minutes – your choice) turn around and start to pick up the pace. Build the pace so you're running harder and stronger (but with control) and aim to see how quickly you can get back to your 'start point'... How much faster are you over the second half? Two minutes? 30 seconds? Make a note and see if you can improve on it next time. Jog for 10 minutes to cool down afterwards.



LAURA SIDDALL

Professional triathlete and SockMine ambassador Laura Siddall took second place at the Challenge Wanaka **FULL IRON DISTANCE** race in New Zealand this year

WORDS Rebecca Gibbs

What first got you into doing triathlons?

Colleagues from work invited me to join them for a charity bike ride. It was 56 miles and I bought a bike the week before. It was a hybrid mountain/road bike. I didn't have any proper kit, but really enjoyed the event and found I was keeping up with and ahead of all these people with proper bikes. My colleagues knew I was sporty and just suggested I try Triathlon. So I found a group close to where I lived in Sydney, Australia, and signed up for their beginners' course. I was hooked straight away and things just developed from there.

Which part of the triathlon do you find most challenging/enjoyable?

I think the challenge is trying to get all parts of a race firing on the day. Trying to put together your best swim, your best bike and best run; to achieve the great performance you train for. It's also part of the fun as well. My races are also all over 5-10 hours as well, so that can be challenging physically and mentally, but again also part of the fun of pushing yourself to your limits. What I love about Triathlon is that it is such a great sport. Amateurs and professionals compete on the same course side by side. It welcomes all ages and all abilities. It's a great community and family. I have made some fantastic friends from around the world through racing.

Do you come from a sporty family?

Yes I have a pretty sporty family. My father was a very good rower, and my mother did quite a few different sports as she grew up. She's now a keen tennis

player, and plays and competes several times through the week, which I think is fantastic. My sister Naomi was also an athlete and played netball for England, winning several World Championship and Commonwealth Games medals. My other two sisters are keen skiers, and Charlotte used to play rugby as well as achieving her black belt in karate.

What have been your most memorable races or running experiences so far?

Winning my four World Championship titles (as an amateur), have to be some of my most memorable races and each for different reasons hold very special moments in my life. Coming second in Challenge Wanaka in February is also a very memorable race. It was my best result and achievement as a new professional and so I have some very fond memories from the race.

How do you train?

I live in San Francisco now where I am coached by Matt Dixon of Purplepatch Fitness. Matt is one of the best coaches in the world, and so I'm incredibly lucky to be part of the team. There are a few of the Purplepatch professionals based in San Francisco, but also a huge group of fantastic amateurs who I am able to train with. We have some squad and group sessions, led by Matt, and then session that I also do on my own or just with one or two of the other athletes. I train every day, once, twice, three times, depending on the day and time of year. The sessions vary in length (and volume) and also intensity, so you are never going full out at the max in every session. That

isn't sensible. There's a good mix of intensity, load and recovery workouts.

Are you strict with your nutrition? Do you have any cheat days?

I just try to be healthy and follow a balanced diet. Lots of fruit, veggies, proteins. I try to follow a low GI diet, low sugar diet, particularly around the processed sugars, so rather than eating pasta and rice, I love sweet potato and different vegetables that give me the right energy. Lots of eggs and avocado (a favourite) and nuts, so all the good fats too. Generally it's everything in moderation and just a healthy balance. I am a chocoholic though, and have a huge weakness here, so do treat myself every now and again, and also love a good coffee. After a race is a great time to have a little splurge on all the things you love. Everything in moderation though, right?

As an ambassador for SockMine, what makes it the right brand for you? How important is it to get the correct fit and comfort level from your kit?

While I haven't lived in the UK for several years, I'm still very British



My races are challenging physically and mentally, but that is part of the fun of pushing yourself to your limits



There's nothing quite like the thrill of finishing an event!

ESSENTIAL INFO

Laura says, "My favourite post-training meal is a large cappuccino with poached eggs and avocado on toast! Amazing!"





Laura loves competing in the most beautiful parts of the world – her next event is in British Columbia.

and love to be able to support British brands and work with local companies in England. I therefore love being an ambassador for SockMine as they are based very close to where I was born and grew up. They also make great quality socks, and having comfortable feet when I'm running a marathon and training, is very crucial, and it's even better if they are bright and with great designs.

What upcoming events are you looking forward to?

I'm in Canada at the moment in between races, so my next race is in Penticton in British Colombia. One of the great things about the sport is that I'm lucky enough to travel to some beautiful places, and I've heard great things about Penticton



Laura advises doing drills to improve your running style.

so I'm looking forward to heading there for the Challenge Penticton Half.

Which other athletes inspire you?

There are so many athletes who inspire me. Legendary athletes like Sir Steve Redgrave and Dame Kelly Holmes. Then athletes in my own sport that have had a huge impact on Triathlon and raising the bar for the sport and women in the sport; athletes such as Chrissie Wellington, Australia's Belinda Grainger and my fellow Purplepatch team member Meredith Kessler. I could give you a huge long list of so many athletes who have impacted my life and inspire me.

What motivates you to keep training even on a day when you're not feeling 100%?

It's about breaking things down into achievable goals and giving yourself specific things to focus on for that session to keep you on task (so perhaps it's focusing on a specific technical aspect of my swim). Yet at the same time remembering the bigger picture. Remember why you are doing this, and where you want to get to. Having to remind myself how fortunate I am to have this life as a professional triathlete.

Have you had any bad injuries or setbacks, and if so, how have you recovered from them?

I have been incredibly lucky in my whole

life to have very few injuries (touch wood). I was knocked off my bike back in January this year, by a car, and so have had a bit of an ongoing effect from that this year, but again been pretty lucky that I've been able to manage it. For many injuries it's about recovery management and being smart with your rehab and exercises to strengthen the particular area. It's often doing the little things right and getting into good habits that help get you back on track and come back actually stronger.

Do you have any tips for keeping fit and improving one's running style?

Set yourself small goals and build up from there. Find a group to train with and make it fun. For improving running style, I'd recommend getting someone to do some video analysis of your form and give you some tips that way. Or you can find lots of good resources that give good running drills. Drills will help improve your running style if done correctly and with an understanding of the aim of the drill.

Is there anything else you would like to mention in this feature?

I think for anyone reading this, just make sure you keep loving your sport. Next time you are standing on the start-line, look around and smile, inside and out and remember why you love it!



SockMine is a British manufacturer of high quality, technical sports socks. All of its products are designed and manufactured in North Nottinghamshire by a family business spanning three generations at Roy Lowe & Sons. To find out more, visit sockmine.co.uk or find the brand at facebook.com/sockmineuk or Twitter [@SockMine](https://twitter.com/SockMine).



GEORGE F WINTER

Benefits of magnesium

A recent review on **MAGNESIUM AND THE ATHLETE** has uncovered some interesting findings

I recently discovered a US-based organisation named the Nutritional Magnesium Association, whose website, nutritionalmagnesium.org, has the following headlines: 'Diabetes Linked to Magnesium Deficiency' and 'Correcting Magnesium Deficiencies May Prolong Life'.

It seems that magnesium (Mg) has important roles in maintaining general health, but what role does it play in athletic performance? This question is addressed in a review entitled 'Magnesium and the Athlete', written by Dr Stella Lucia Volpe of Drexel University, Philadelphia, and published in a recent issue of *Current Sports Medicine Reports*.

She points out that Mg is involved in more than 300 metabolic reactions in the body, some of which are involved in energy production and storage, normal muscle function and the maintenance of blood glucose concentrations.

Clearly, there may be potential for the body's fourth most abundant element to influence athletic performance, but what are the current dietary recommendations? The NHS has a recommended daily allowance (RDA) of 300mg/day for males and 270mg/day for females, and Dr Volpe points out that a ¼ cup of sunflower seeds (without shell) contains 119mg of Mg per serving and 1 ounce of dry roasted almonds contains 80mg.

Dr Volpe cites a 2013 study of 25 male athletes aged 19 to 25 years who were aerobically trained, but whose dietary records showed that their Mg consumption was 60% below the RDA, and one study of elite swimmers concluded: 'young athletes engaged in low-impact sports, should pay special attention to magnesium intake, given its potential role in bone mineral mass acquisition during growth.'



Evidence that a supplement will help performance is inconclusive.

CAN MG IMPROVE PERFORMANCE?

Dr Volpe reports that a 2014 study of 25 professional male volleyball players concluded that 'while some positive changes occurred with supplementation, the results of this study do not provide a clear indication that magnesium supplementation is warranted as an ergogenic aid.' She also warns of supplement manufacturers' claims that supplements containing magnesium lactate dihydrate and calcium lactate monohydrate will boost performance because lactate can be used as an energy source. 'Nonetheless,' she says, 'there is paucity of data suggesting that these supplements will enhance the use of the lactate shuttle system for increased energy production during exercise.'

And when MagPro™ cream was applied to the calves of men and women cyclists to see if it would improve muscle flexibility or endurance, the result of this double-blind, randomised control trial was that 'applying a cream containing magnesium will not act as an ergogenic aid with respect

to flexibility and endurance performance.'

However, in a study to examine the effects of 300mg/day Mg supplementation on blood pressure at rest and during recovery from exercise, and on Mg's effects on exercise performance, there were interesting findings. Recovery blood pressure was significantly lower in the magnesium-supplemented group compared with un-supplemented controls. However, there was no difference in exercise performance between the groups. Plus, the group who consumed greater amounts of magnesium in their diets had additive positive effects on blood pressure compared with those with a lower intake. Dr Volpe comments: 'Although there were no direct effects on exercise performance, these results indicate that both supplementation and high dietary intake of magnesium can significantly improve post-exercise blood pressure.'

WHAT DOES THIS MEAN FOR ME?

After weighing up the evidence, Dr Volpe's conclusion is that while some evidence supports the idea that Mg supplementation enhances athletic performance in individuals of all ages, 'more research is required for longer periods to definitively make the case that magnesium can act as a true ergogenic aid.' It's worth bearing this in mind, especially when it's considered that consumption of too much magnesium can lead to diarrhoea...



Mg is involved in more than 300 metabolic reactions in the body

Q&A SUUNTO

This month we go behind the scenes at **SUUNTO** and talk exclusively to Scrum Master and Software Test Engineer Mikko Järvinen about running and watches

What is your job role, and what does a typical day involve?

I'm a Scrum Master for several teams which are working with Embedded Software for Suunto watches.

Tell us about your running – how serious are you about it?

I run a lot. Currently I'm training for the Munich Marathon (October 2015) and my weekly total is 110km to 145km/week. I have run six marathons and my current PB is 2.44.32 from last year's Berlin Marathon – I hope to go even quicker in Munich!

Do you have a preferred time of day to run, or do you fit it in when you can? What about your favourite running route and location?

I love early morning runs! I wake up as early as 5am and run almost every morning. After my morning run I eat, shower and start my work day feeling refreshed. My favourite running location has to be Helsinki Central Park, next to where I live. There are so many different trails and routes.



Mikko runs almost every morning.

Which watch/GPS do you currently wear?

My current GPS watch is Suunto Ambit3 Sport. I have worn this for about one and a half years and never had any problems with it. It looks good enough to wear in my everyday life too.

What do you think has been the biggest technological change/development in watches over the last few years, and how has it affected your brand in particular?

I think the biggest change has been integrated GPS, so you do not have to wear extra GPS pods. It's what people expect now and I'm pleased to say our GPS measurements are really accurate.

The second big change is wireless communication between watches and for example mobile phones/tablets/computers – Suunto has been very good in that section too with our Ambit3 talking “nicely” with iPhone and Android via Bluetooth (BLE).

Have you any thoughts on running watches for the future?

I think running watches will be like wrist computers with cool colour displays, maps, tracks, live tracking etc. Also some new measurements from your body will be available too, not only speed, HR and time.

What is your favourite running watch/GPS ‘of all-time’ and why?

My favourite running watch has to be Suunto t6d, because I ran with it for so long, about four or five years. There was no GPS on it, but I just loved that watch. Very accurate heart rate

measurement and it works from swimming to those long runs in the winter time (-25 degrees Celsius). But I have to admit that my current Ambit3 Sport is getting close to overtaking it.

Who would be your ‘Greatest runner of all-time’ and why?

Haile Gebrselassie, because he broke all the world records when I was young. He was a phenomenal runner!

If you were to give one piece of advice to someone buying a running watch, what would it be?

Buy the kind of watch that is best for your needs. For example: if you don't need GPS for anything, just don't buy a watch with GPS.

In three words, what does running mean to you?

I love it.

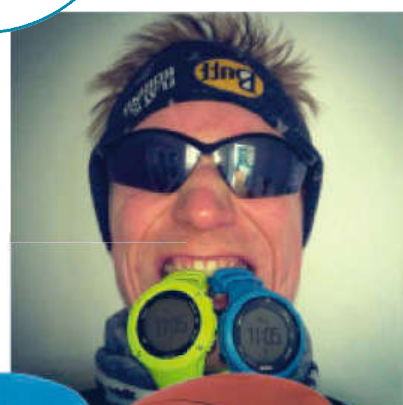


BEHIND THE BRAND

NAME: Mikko Järvinen

BRAND: Suunto

JOB TITLE: Scrum master and software test engineer



“I think running watches will be like **wrist computers with cool colour displays”**

Skyrunner
Emelie Forsberg
wearing a
Suunto watch

1



5



7



2



6



4



3



HOT PICKS

NEW KIT FOR AUTUMN – all the latest essentials

1 ADIDAS TECHFIT BASE SHORT SLEEVE TEE £23

2 ADIDAS TECHFIT POWERWEB SHORT TIGHT £47

These products from adidas not only feature Techfit technology which provides muscles with added support helping to improve performance and posture, but also include Climacool Ventilation fabric for added breathability. The compression fit makes them a great base layer and helps reduce muscle vibration.

adidas.co.uk

3 NEW BALANCE IMPACT 5 INCH TRACK SHORTS £35

Still thinking about the summer months? Take a look at this versatile short which can be used for the gym too. A baggy fit and a rear zipped pocket make this a great choice for the autumn, especially with the discreet reflective trim.

newbalance.co.uk

4 NIKE AIR ZOOM ODYSSEY £130

Part of Nike's Zoom collection, the Odyssey is the most stable shoe on offer but still manages to provide plenty of 'soft, responsive cushioning'. Packed with features, the triple density foam midsole and the Dynamic Support platform are key to slowing down the rate of pronation, whilst the Flywire cables contained in the Flymesh upper lock the

midfoot down for even more stability.

store.nike.com

5 CEP NIGHT RUN SOCKS £39.99

These market leading compression socks are also available in luminous colours with reflective piping dots. Available in green, orange or pink.

cepsports.co.uk

6 NEW BALANCE VAZEE RUSH SHOES £85

Part of New Balance's Vazee collection, the Rush is a shoe which can be used for running and some gym activities. The bootie constructed upper is not only ultra-comfortable and lightweight, but also wraps around the foot providing a secure fit. The unique Podular outsole design provides traction in all directions which is what allows it to feel at home in the gym.

newbalance.co.uk

7 RONHILL WOMEN'S ASPIRATION VICTORY HOODIE £55

Look great this autumn with this hoodie from Ronhill. Using Regulite technology, the fabric of this top wicks sweat from your skin while you exercise. There is also an arm pocket for an mp3 player or other essential item, thumb loops for when it gets colder, and the hood features a 'pony tail exit' for added comfort. Available in Pink or Grey

ronhill.com



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3 OF THE BEST... BACKPACKS

PACK UP AND GO WITH THE
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Inov-8 Race Elite 24 Backpack £100

This 24-litre pack fits a whole load of kit inside. The six adjustable straps are well placed to ensure the bag fits correctly and reduces that annoying bounce. inov-8.com



Asics Running Backpack £45

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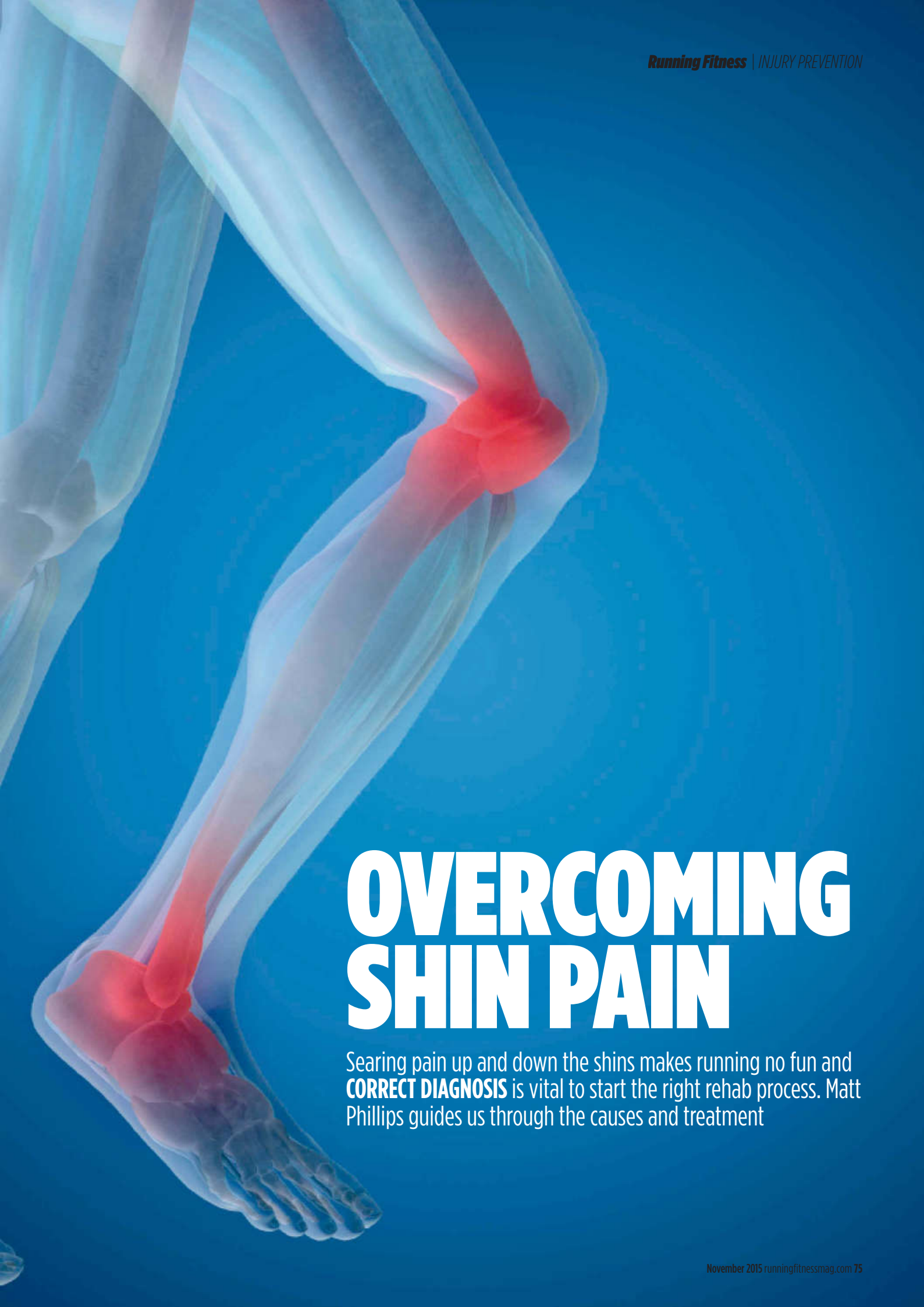
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SEE PAGE 90



OVERCOMING SHIN PAIN

Searing pain up and down the shins makes running no fun and **CORRECT DIAGNOSIS** is vital to start the right rehab process. Matt Phillips guides us through the causes and treatment



Don't always run on the same type of surface - mixing it up will keep your legs challenged.

Many runners struggle to find a solution to painful 'shin splints', but it is important to point out that, despite common use of this term, 'shin splints' is not actually a diagnosis. There are many potential causes for pain in the shins and, as is so often the case with running related injuries, finding a solution to the pain depends on identifying the correct source. The first thing to do is clearly distinguish between mild pain and severe pain.

MILD SHIN PAIN

If you are only suffering a mild pain in the shins that comes and goes as opposed to being continuous, chances are a brief rest from running followed by a reduction in frequency, intensity or duration may be the answer. Mild shin pain is very common if you have simply been overdoing things, especially if you are relatively new to running. There may well be a reason further up your body that's causing the lower legs to work harder than they should, so having someone look at your running form may not be a bad idea at this point but you may also be able to relieve symptoms by trying any of the following:

Avoid running on the same type of surface. Mix it up so that your legs are subjected to different challenges and loading forces.

Try wearing compression socks during/ after running. Though research is thin, many runners find they can aid in recovery.

Make sure you dynamically stretch your calves as part of a pre-run warm up (e.g. toe pumps, ankle circles, lunges).

Perform 1-2 minute static calf stretches on your non-run days (not before or after your run), as well as foam rolling all the muscles of the lower leg (front and back).

SEVERE SHIN PAIN

If you find yourself suffering from severe shin pain, especially if it is persistent, it is important to get assessed by a suitably qualified health professional.

Left untreated, severe shin pain can escalate into more serious issues like stress fractures, which could ultimately mean a lot more time off running and a lengthy period of rehab.

Shin pain can be divided up into three areas: bone, muscle, tendon. In this article, we will consider bone pain and how to overcome it.

SHIN PAIN ON THE BONE

Despite the all too common misconception that the impact from running is 'bad for your bones', research suggests that regular running can actually reduce a person's risk of developing osteoarthritis in the knees, as

long as you take into account your level of fitness and body weight. Bone responds positively to the stress caused by the impact of running by getting stronger. However, if you do too much, too soon or too intensely, the stress can be too much for your system and cause inflammation of the outer membrane of the bone (the periosteum). This inflammation of the periosteum can cause tenderness along the length of the shin bone (the tibia) when you push into it, and pain from the impact of running or jumping. The pain gets progressively worse and may continue after running and on rest days.

If this inflammation is not dealt with properly through suitable activity modification and treatment, the danger is it can develop into a stress fracture. Once this has occurred, you could be looking at some serious time off your feet. Accurate diagnosis depends on use of X-ray but it is easy to miss and may require two X-rays a month apart in order to check for bone deposits. The most common area for stress fractures is the inside border of the shin bone, and you are normally looking at 4-8 weeks before running can be reintroduced as part of your rehab. Stress fractures on the outside border of the shin bone are rarer but more serious and can take up to six months to fully heal.



If you are feeling shin pain, have a think whether it's time to buy some new shoes

Often, shin pain is simply down to overdoing it and can be cured with some rest.

Persistent shin pain always needs to be checked out.

OVERCOMING BONE SHIN PAIN

The most important piece of advice: start appropriate rehab before it develops into a stress fracture. This means not putting up with persistent shin pain but instead getting a proper assessment. Identify the cause and start the appropriate rehab. Yes, a reduction or total rest from running is likely but better three weeks than three months. Depending on the source of the issue, rehab is likely to include taking a good look at the following aspects of your running:

FREQUENCY, INTENSITY, DURATION

Running is not bad for you. Overdoing it can be. Onset of shin pain is often associated with a sudden increase in frequency (number of times you run a week), intensity (speed or incline) or duration (how long you are out running). This applies just as much to a new runner starting from fresh as an experienced runner returning from a break.

FOOTWEAR

What you wear on your feet will affect the way your body deals with the stresses of running. That's not to say everybody needs super cushioned shoes (research has

shown this can actually be worse for some runners) but it does mean once your trainers get old they will start changing the demand on your body and could lead to overstress. If you are feeling shin pain, have a think whether it's time to buy some new shoes. 250+ miles is often quoted as a guideline but it will depend much on how you run, what surfaces you run on, and the design of the shoe itself. Always break in new shoes gradually (even if they are the same style) and never make a sudden drastic change in shoe design.

RUNNING FORM

Though research struggles to conclusively link 'biomechanical flaws' with shin pain or stress fractures, certain traits do seem to raise their head more than once. Legs drifting in (hip adduction) and time spent in pronation are two examples. Having a full body gait analysis is a good way to see if there are changes that could be made to reduce overload of tissues in the lower legs. There is no one perfect way to run, but certain changes to your running form could suit you either in the short- or long-term.

STRENGTH & CONDITIONING

If you are experiencing shin pain in one leg, both range of movement and strength are important factors to consider. Tightness in

the calf muscles or tibialis anterior (muscle on the front lower leg) can cause overstress on the shin bone. It can also reduce your ability to move the knee over the toes after landing on that foot, something which can again lead to overload. However, for some runners, it may be that strength is the limiting factor, not range of movement. Research shows that a certain level of leg stiffness is required to help absorb the impact from the ground and strength endurance is needed to maintain good form. When considering range of movement and strength, look at muscles higher up the leg as well (e.g. hamstrings and glutes) as research also shows that what happens at the hips can determine what happens at lower leg level.

CONCLUSION

Mild shin pain may just mean you've been pushing your body too much and could be sorted by an adjustment to frequency, intensity and/or duration. However, in case of severe or persistent shin pain it is heavily recommended you go see a sports therapist or physiotherapist in order to assess and rule out a stress fracture. They will also assess whether your shin pain is bone related or down to muscle or tendon issues (which we will look at in a future article).



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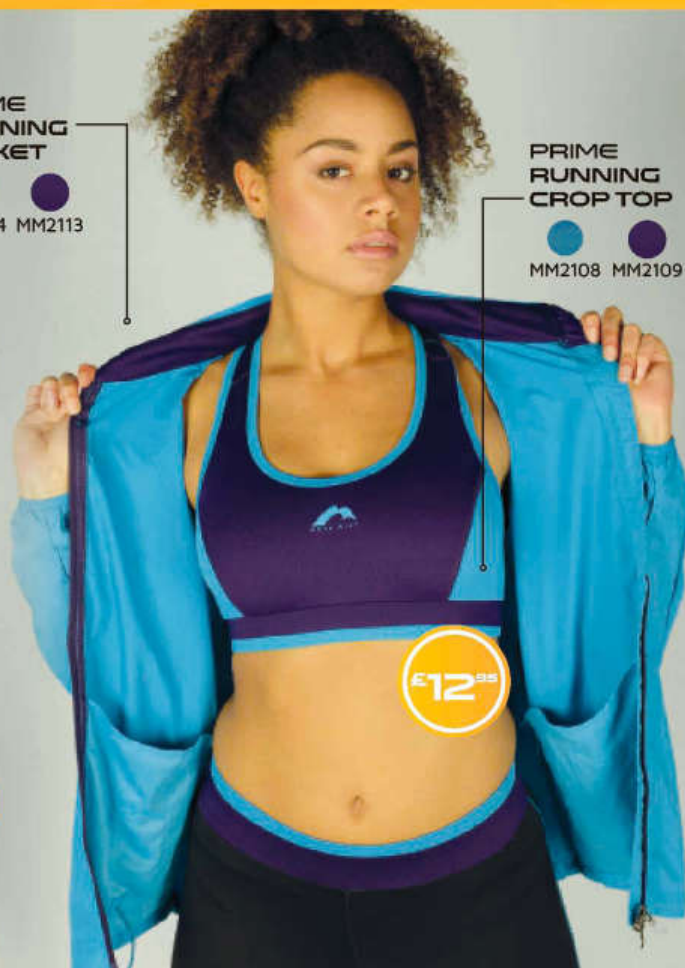
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WILD RUNNING

WEST MIDLANDS

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SUTTON PARK

Distance: 7.5 miles (12km)

Start/finish: Sutton Park Visitor Centre, Sutton Coldfield, B74 2YT

Terrain: Footpath, track, parkland, road

Toughness: Easy

Ascent: 162m

Navigation: Easy

Good for: Urban escape, wildlife, families

Route info: wildrunning.net/sutton-park

From the start, turn L onto the road and run NW past Keeper's and Blackroot Pools before running on a pleasant woodland track through Upper Nut Hurst. Bear R, skirting around the E edge of Bracebridge Pool. Head S on the W edge of the park to reach Banners Gate. Return to Visitor Centre passing N of Powell's Pool and Wyndley Pool. Nearest station is Sutton Coldfield, a few minutes' walk away.

I start my run deep within the city, winding my way around people on their way to work, dodging cars and bikes. Gradually, I work my way into the suburbs, the sounds changing from the constant drone of traffic to the slap, slap of my feet on the pavement and the chirping of birds from the trees that line the streets. I cut across playing fields and keep my pace up as I descend along a side-street to the river. I follow a path at the water's edge – at first it's tarmac and As the miles pass it becomes a gently winding earthy trail that leads me out of the city and away to a place of rolling, heather-covered hills, heathlands and woodlands where I lose myself for an hour or more among the trees. I return to the city rejuvenated; alive with everything I've seen and experienced on a trail so near, yet so far from the urban sprawl.

SECRET GARDEN

It would be easy to think, standing in central Birmingham surrounded by the city sights, that there's nowhere to run; no wild spaces, woods or hills to explore. But hidden in and around the UK's second largest concrete jungle there's a wealth of greenery and some wonderful, surprising wild running to escape to.

Within the land-locked county of the West Midlands lie 23 Sites of Specific Scientific Interest and the fantastic Sutton Park, a National Nature Reserve just six miles north of central Birmingham whose 2,400 acres make it one of the largest urban parks in Europe. It's a place of great diversity, with ancient forest, open heathlands, marshes and lakes to discover. Cannock Chase, a designated AONB, is another great venue for running, with many miles of woodland and heathland trails to explore. It even has its own running club: the Chase Harriers.

The majestic Clent Hills rise 10 miles south-west of Birmingham city centre, offering a network of trails and footpaths, all with panoramic views over the Cotswold and Shropshire Hills and the Welsh borders. A run up to Walton Hill, the highest point of the Clents at 316m, rewards with

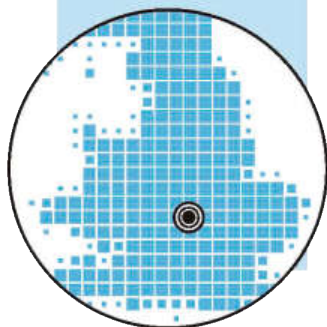


Scenery is diverse and beautiful in the countryside outside of Birmingham.

views across to the Malvern Hills and to the Peak District and Black Mountains. We spent a wonderful day exploring the nearby Lickey Hills; a country park with varied running and great views over the city.

There's a healthy racing scene in the West Mids too. The legendary Grand Union Canal Race starts its 145-mile journey here and there are regular parkruns in the region's many green spaces.

This month we take you for a gentle run through the National Nature Reserve of Sutton Park, where cattle and wild ponies roam freely. The route takes in the park, skirting lakes, through ancient oak woodland and across grassy areas.



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The parks offer great off-
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even more enjoyable, with
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Sutton Park route

Miles	Km	Directions
0.0	0.0	From start head north west on paths passing Keeper's and Blackroot Pools, continuing on trails through Upper Nut Hurst to railway
1.7	2.8	Cross railway and follow paths anticlockwise around Bracebridge Pool
3.5	5.7	Recross railway and head south west through woodland, joining old Roman Road and following this south and continuing around perimeter to Banners Gate
5.8	9.4	At Banners Gate turn left and head east, passing Powell's Pool and Wyndley Pool to return to Visitor's Centre



This June, 15 of the group entered the (muddy!) Summer Wolf Run

RUN ENGLAND GROUPS...



FITTOLGY

A supportive environment and plenty of **HILL TRAINING** sees this group tackling a wishlist of races every year



RUN ENGLAND is the official England Athletics beginner running project. Groups are led by trained group leaders, offering a progressive routine, people of a similar ability to start running with and plenty of support along the way. Find out more at runengland.org

I used to run for my local athletics club and county as a teenager," says Fittology's group leader, Mandy Cooper. "Then after many years my son started running and joined our local athletics club. I then became interested in coaching, and took my assistant coaching qualification helping out with the training. I then went on to qualify as an Endurance Coach. My son, Eddy, then transferred clubs and I decided, rather than watching him for an hour or so I'd much rather join in! So I found myself taking up running again at the age of 48! That was four years ago, and it was one of the best decisions I've ever made.

"I was coaching people one to one, who for various reasons didn't want to join a club. I was asked if I'd consider teaching a few people together rather than one to one. So I looked into the Run England information and decided to give it a go. I felt it was important to start small, to give people individual attention if required.

"My first Run England course consisted of six runners. After that I did a new beginners course once or twice a year with gradually more and more people joining. When parkrun Southend started I thought it would be a great idea to make the last session of the course a parkrun. Everyone seemed to have such a great time; it was such a joy to see them complete the run. My intention was to get everyone to join an affiliated club and carry on from there. But no one wanted to leave; they all wanted to run together in our group, so Fittology RC was born!

HILLS ARE FRIENDS!

"My motto for the club has been 'Let us carry you further'. But I have another saying that I use a lot: 'Hills are Friends!' I try to encourage hill running so our runners will feel confident in a race.

"We meet up in Rochford, Essex and run round the local roads, and in summer take advantage of the off-road trails and paths near where we live. We



Fittology runners at the Kirste 5 memorial race

JOIN THE COMMUNITY
Share your photos and stories on our facebook page or tweet us @Runfitmag



Hills are friends! Competing in the Roach Valley Way Relay

Essential info

How many members do you have?
Circa 55

Age range?
15-61 mixed

What is your annual highlight?
Summer Wolf Run, Roach Valley Way Relay, Night Run (our own)

How many weekly training sessions do you hold?
3: Monday, Wednesday & Saturday

Please describe the group in three words...
Fun, Motivating, Inspiring

If your group was an athlete, who would it be?
Jo Pavey – never give up; you never know how good you can be

Contact us:
Search Facebook for our group 'Fittology' or email Mandy@barefootandblissful.com

proud of is that in January this year, two of our members, Ben and James completed the Benfleet 15, a very tough off road 15-mile race. It was a tremendous achievement as neither of them had run that far before."

RALLYING ROUND

"I don't believe I would have started running with a run group if I hadn't met Mandy and been introduced to Fittology," says Nicola. "I always thought running was something I forced myself to do on the treadmill and running with other people would be too scary. However Mandy encouraged me to have a go and through the 'can do' ethos she sets for the group, she inspires all of us to give it a go and believe in ourselves. Her attitude is infectious and if you're having a bad day all other members of the group will rally round and say something motivating to set you back on the right track. You are never on your own, there is always someone to run with you and offer support. Mandy and Fittology have shown me a love for running and I've discovered how it is good for you, not only physically but mentally too. An enjoyable run helps clear your mind!

"Fittology is a fantastic, friendly and supportive club with a wonderfully inspiring coach who has helped me achieve things I never dreamed I was capable of," adds Claire. "Three years ago I couldn't run 100m and now I am proud to call myself a runner and it is all thanks to our amazing little club. I'm still not that keen on hills though!"



Nominate your group by emailing rf.ed@kelsey.co.uk (making the subject 'Run England').

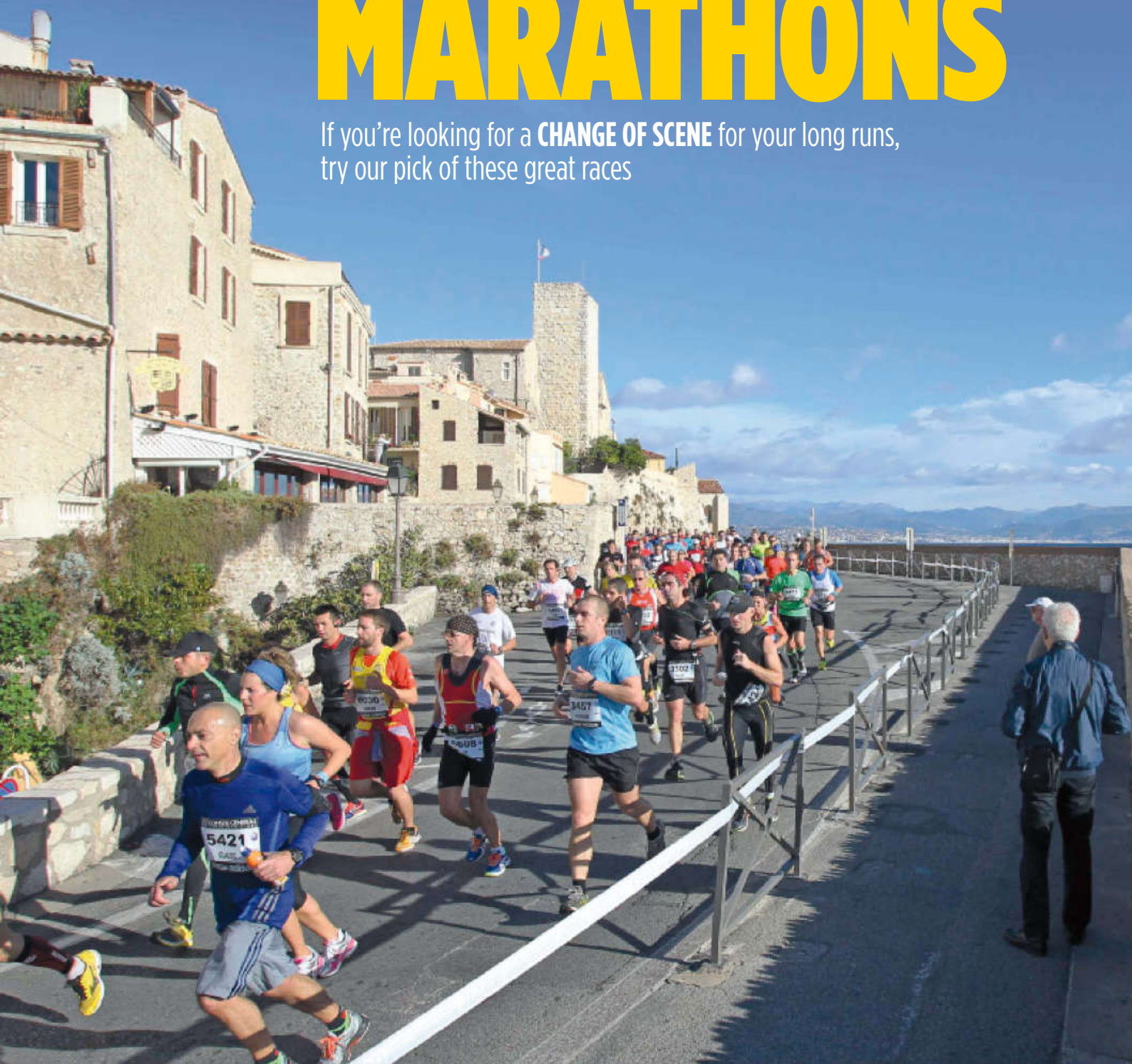
have three regular sessions a week: on a Monday we have an effort session; Wednesday, a steady run between 4-5 miles, and a Saturday morning long run, sometimes along the seafront. I also encourage members to join in Southend parkrun every so often.

"We have a mixed range of runners, from teenagers all the way up to my husband who is 61. We have an AGM at the start of every year to find out what races our members want to target, I then draw up a list, and if a particular race is important to someone, I try to get others to enter so there is always support and no one goes to a race on their own.

"One of our achievements that I'm personally

5 BEST EUROPEAN MARATHONS

If you're looking for a **CHANGE OF SCENE** for your long runs, try our pick of these great races



Beautiful vistas abound at the French Riviera marathon, which takes place in November.



1 FRENCH RIVIERA MARATHON

WHERE: Nice seafront

WHEN: 8 Nov 2015

FEATURES: The French Riviera marathon is one of four distances on the day (full, half, 10k and 5k) which take you from Nice to Cannes. Mostly coastal, with the sparkling Mediterranean Sea to your left and snow-covered mountain views to your right, what's not to like? An atmospheric marathon – and fast, despite some hills at the start and finish! Well-stocked fuel/drink stations will keep you going, and spectators can enjoy the city sights while cheering their runners.

RACE INFO: For information including travel info, see: marathon06.com/2015/

2 LANZAROTE INT MARATHON

WHERE: Sands Beach Resort, Costa Tegui

WHEN: 12 Dec 2015

FEATURES: As much about family fun and adventure, this fairly flat, fast, out-and-back marathon takes you along a beautiful coastal strip of the island through several local towns. Unique to this event is the community spirit, kids' corner (where your children can play, supervised, while you run!) and one of the most popular wheelchair marathons (second only to London). There's also a

half, 10k, 5k, and excellent race support.

RACE INFO: More info here:

lanzaroteinternationalmarathon.com/home-en.

3 SEVILLE MARATHON

WHERE: Seville, Spain

WHEN: 21 Feb 2016

FEATURES: A fast, flat and spectator-friendly race through the beautiful city of Seville. As part of the MarathonPartner project, next year Seville has teamed up with the Majorca marathon and offers runners who run either race a 20% discount in the other. So you'll need to take two holidays! It's hard not to smile all the way, with friendly supporters, great fuel stops and a nice goodie bag at the end.

RACE INFO: For information including travel about the Zurich-sponsored race see: zurichmaratonsevilla.es.

4 MALTA MARATHON

WHERE: Malta city

WHEN: 28 Feb 2016

FEATURES: "What started off as an event to encourage local athletes to take up road running, the Malta Marathon has become a truly international event. The army of volunteers, 30 bands along the route, a fantastic medal at the finish, the

Maltese climate, the friendliness of the Maltese and much more, is attracting participants from all over the world," says race director Joe Micallef. The route takes you from a hill 200m above the city, and gradually descends to sea level as you wind your way through the city suburbs, heading towards the Mediterranean, finishing at the waterfront in Sliema. Stay on and explore this fascinating city that sits 93km south of Sicily.

RACE INFO: For full race and tourist information see: maltamarathon.com.

5 VALENCIA MARATHON

WHERE: City of Arts and Sciences, Valencia

WHEN: 15 Nov 2015

FEATURES: Run along the coastline and through the streets of this beautiful city, cheered on by thousands of spectators. Start/finish at the architecturally inspiring City of Arts and Sciences, run towards the sea, past the university, stadium, Serrano Towers, Plaza de Toros (bullring) and many more iconic cityscapes, before finishing where you started. The course is flat and fast. Take the family and make a holiday of it – it's an opportunity too good to be missed!

RACE INFO: For race info:

valenciaciudadde RUNNING.com.



ROVING REPORTERS...

I DID IT! Our team of 'ROVING REPORTERS' reviews some of the events they've taken part in. Each reporter analyses the event and tells us if they'd do it again. They did it; maybe you will too?

Distance: 1500m swim, 40km ride, 10km run

When: 31 May 2015

Where: Hyde Park, London



Triathlete Bios

1500m swim
Name: Evie Serventi

Age: 42

Occupation: Deputy Editor, *RF*

Running ability: Experienced

40km cycle

Name: Gary Jones

Age: 50

Occupation: Builder

Running ability: GB AG triathlete

10km run

Name: Annabel Preston

Age: 44

Occupation: Homemaker

Running ability: Experienced

WHAT WAS IT LIKE?

Evie: The ITU World Triathlon Series, one of only two legacy events from the 2012 Olympic games still open to public participation, is a huge crowd drawing event with races held in major cities worldwide. As Hyde Park began filling with spectators, sponsors and athletes, we met the Jabra team at their booth to prepare and get into 'race zone'. We were racing as a relay team on behalf of Jabra. I chose to do the swim leg of our relay as I'm a natural swimmer and was keen to swim in the Serpentine! We were led out in waves, lined up along the pontoon, then

slipped into the cold water, holding onto the edge waiting for the start gun. We're off! I settled into a comfortable rhythm and was handing over to Gary in T1 before I knew it. I then settled down to watch the rest of the race. It was definitely one of the busiest events we've all competed in with a really exciting atmosphere.

Annabel: I felt really nervous pre-race! Hyde Park looked so exciting and full of activity and buzzing with people. In the finishing straight I looked out for Evie and Gary so that we could run in together but sadly I couldn't see them (they got stuck in crowds getting over to me). One of the Jabra chaps congratulated me and said he was proud of us, I was very touched by that. We had done our best and exceeded our best expectations!

WHAT WAS THE TERRAIN LIKE?

Evie: It rained all day which didn't worry me as the swimmer! The water temp was around 17°C – perfect for racing. There was lots of room to swim around people and only a few turns before we headed back to the finish ramp. The course was flat – both the bike and road routes had quite a few corners, but were nice and flat for a fast performance. Gary: I enjoyed overtaking loads of athletes but it was difficult assessing where you



Diving into the Serpentine is truly exhilarating!

were in your wave. It helped that I recognised a couple competing and was able to keep in front of them. The course was difficult in the wet, with loads of acute turns and speed bumps.

HOW WOULD YOU RATE THE ORGANISATION OF THE EVENT?

Gary: The race was well organised, transitions were planned well. I would do the race again, and it was good to get under the hour for 40k but I felt there was another couple of minutes in it if it had been dry. It was great to recover after while watching the elites. Evie: It was really enjoyable – such a great atmosphere and mix of athletes and spectators. That the elites were due to race after the general public meant there was a special buzz in the air – we had tickets to watch the elite racing after ours which was great; it meant we could relax and enjoy triathlon from both sides of the fence!



WOULD YOU DO IT AGAIN?

'Absolutely!' is the consensus from the Jabra relay team! Whether you enter as an individual or part of a relay team, you have options of distances and it's a great entry level event, central and fairly easy to get to. See: <http://wts.triathlon.org> for world events. Next year's UK ITU triathlon will be held in Leeds on 11 and 12 June 2016.

Jabra is the official Performance Partner for the World Triathlon Series. The company produces innovative headset and speakerphone solutions worldwide. Find out more at jabra.com.



The route is mainly country lanes with fantastic surroundings.

SOUTH DOWNS RELAY MARATHON

Location: South Downs, West Sussex

When: Saturday 20th June

209events.com

Runner Bios



Name: Sarah Russell
Age: 43
Occupation: Consultant Editor *RF*
Running ability:

Advanced

WHAT IS IT?

Organised by former London Marathon Winner Mike Gratton and his team at 209 Events, the South Downs Relay Marathon is the highlight of my racing calendar. I've done it for the last three years and I just love it. It's got the perfect combination of professional organisation, competition, fun, camaraderie,

great trail and stunning views. It is just wonderful.

WHERE IS IT?

The race starts in the beautiful village of Slindon, near Arundel, in West Sussex and follows the South Downs Way Path for 26.2 miles and ends in Queen Elizabeth Park near Petersfield, with the finish line just at the bottom of Butser Hill.

HOW DOES IT WORK?

You can run the whole route as a full marathon, or take part in the 'team relay' which is what we did. The relay event is split into 4 'legs' with each runner carrying a baton and handing over to their next team runner – the distance of each leg is between 6-8 miles, so it means



runners of varying abilities can take part. Legs 1 and 3 are considered to be the hardest, with leg 4 being the easiest.

The team relay event makes for great team camaraderie and much fun trying to frantically navigate and arrive at the next check point before your runner arrives. The focus isn't on time at all, just on having a great time, enjoying the views and the trail. The 'handover' and atmosphere at the checkpoints is exciting and fun as teams jostle for position.

THE ROUTE

The race is almost 95% trail on the South Downs Way itself. It's hilly and chalky underfoot. There are small sections through woods where it gets more technical and you have to watch your feet on the tree roots. There are only a couple

of small sections of tarmac country lanes.

ORGANISATION

The organisation is impeccable. Mike and his team know how to organise a race, yet it's not overly commercial. It retains a friendly feel and the whole atmosphere is calm, fun and supportive. This year we were treated to SOS Rehydrate as the main drink at checkpoints and on the course. Despite the challenging logistics getting out on to the course, marshalling along the route is superb and there are plenty of drink stations.

HOW DID I GET ON?

We had a real family affair, with my eldest son running leg 1, then hubby John ran leg 2 and, as I was training for a marathon, I ran the final 2 legs together as a training run. The weather was cool and perfect conditions, and I had a great run completing the hilly route in just over 2 hours. I fell into step with another runner and we chatted the whole way making the event even more enjoyable.



**RUNNING
ANY OF THESE
EVENTS?**

Share your photos and
stories on our facebook
page or tweet us



EVENTS PREVIEWS

HEARTBREAKER TAILWIND 10

10-mile taster for the half/full
trail marathon

A precursor to the half and full Heartbreaker Marathon (held in February 2016), the Tailwind HeartBreaker 10 takes in the same route and venue, making it an ideal warm-up/intro to the longer races happening next year.

Sponsored by Tailwind Nutrition UK, the gently undulating 10-mile trail run is mainly off-road (predominantly on well-maintained gravel tracks), with just a bit of tarmac to start and finish with. The 'out-and-back' course allows runners to check their progress and get plenty of support en route; it will be clearly marked and marshalled on race day

Essential Info

Date: 13 December 2015

Location: Sandy Balls Holiday Village, Hampshire

Price: £17-£19

racenewforest.co.uk



Finisher medals and (perhaps more importantly for a winter race!) hot soup and a roll are provided afterwards. Accommodation is available at Sandy Balls Holiday Park, where the race is based from. There is free parking and two of the campsite blocks will be open for runners to use showers and toilets. Minimum age requirement is 17 and entry closes on 6 December.

For further information website or email jriles@racenewforest.co.uk



“Medals and (perhaps more importantly for a winter race!) hot soup and a roll are provided”



LONDON SANTA DASH

Festive 5k or 10k fun run in a winter wonderland

Date: 6 December 2015

Location: Clapham Common

Price: from £20 for adults and £12 for children

londonsantadash.co.uk

This December, Great Ormond Street Hospital Children's Charity launches a brand new London Santa Dash that will see Clapham Common transformed into a winter wonderland, with thousands of Santas running around the 5k or 10k route.

Kicking off at 10:30am, the event will see people of all abilities sporting their finest

Santa costumes as they jingle their way around the course. With festive activities and experiences planned to keep everyone entertained, the day promises to be a Christmas event not to be missed. All participants will receive a Santa suit and an online welcome pack full of fundraising tips.

Patrick Rooke, Event Organiser at Great Ormond Street Hospital Children's Charity, said: "We're so excited to be launching the London Santa Dash, giving more people than ever the chance to take part in one of the most fun running events of the year. Whether you run like Rudolf or prefer a leisurely stroll, it's the perfect way to get into the festive spirit for a fantastic cause."

Money raised from the London Santa Dash will make a huge difference to young patients and their families. Funds will go directly towards the hospital's much-needed redevelopment programme, replacing cramped, outdated wards with modern, state-of-the-art facilities where a parent or carer can stay by their child's bedside when they really need them most.

With wintry fun including a snow machine and festive activities, the event is set to be a perfect pre-Christmas warm-up.

For more information and to sign up, visit londonsantadash.co.uk or call the charity's challenge events team on 020 7239 3270.



MARATÓN CABBERTY MÁLAGA

Marathon along Spain's coast

Date: 6 December 2015

Location: Malaga, Spain

Price: €65

maratoncabbertymalaga.com

For those who crave sunshine, warmer climes and great scenery for their long runs, this city route is ideal. Malaga is a great winter sun destination for both runners and spectators, with a fascinating Roman history, seaside walks and great tapas restaurants. Covering the whole city, the route snakes its way along the seaside promenade, Merced Square, past the

Roman theatre and through the historic centre. This is a new route and it is faster and less hilly than last year, so a PB is in your sights! A series of 'animation points' along the way will be playing upbeat music to motivate you to run harder and refreshment points offer water and (some) will be handing out bananas or oranges too! Cool down after the race with a sangria at one of the 15 different urban beaches. T-shirt, isotonic drinks and a medal at the finish – there will also be a tent where you can customize your medal to make it a really memorable event.



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EVENTS LOCATOR

Inspired to take part in a race? Our **EVENTS LISTING** guide has some of the best races coming up

EVENTS CHANGES!

In order to make these listings as current as possible, we now only list events taking place within the six months following the on-sale date of each issue. Events are listed via region. If you'd like to search for events further ahead, please go to www.run247.com. As always, it's advisable to check race details with organisers nearer the date.

*The editor reserves the right to edit listings, and cannot be held responsible for errors.

WEST MIDLANDS

Multi-terrain

21 November 2015

THE 5K AND 10K BIRMINGHAM MORUN 2015

Sutton Park, Birmingham B74 2YT

£20 for the 10k; £16 for the 5k

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom, Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

mo-running.com/Birmingham

10km

EAST MIDLANDS

Road

22 November 2015

LOUGHBOROUGH 10K

Market Place Loughborough LE11 3EJ

£10/£12

HSC Events

01509 239786

michele@homestartcharnwood.co.uk

hscevents.co.uk

10km

EAST MIDLANDS

Multi-terrain

22 November 2015

THE 10K MO RUN WOLLATON PARK

NOTTINGHAM 2015

Wollaton Park, Nottingham NG8 2AE

£20

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,

Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

nottingham.mo-running.com

10km

EAST MIDLANDS

Multi-terrain

22 November 2015

THE 5K MO RUN WOLLATON PARK

NOTTINGHAM 2015

Wollaton Park, Nottingham NG8 2AE

£16

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,

Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

nottingham.mo-running.com

5km

NORTH WEST

Multi-terrain

22 November 2015

THE 10K MORUN MANCHESTER

Heaton Park, Manchester M25 2SW

£20

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,

Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

manchester.mo-running.com

10km

NORTH WEST

Multi-terrain

22 November 2015

THE 5K MORUN MANCHESTER 2015

Heaton Park, Manchester M25 2SW

£16

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,

Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

manchester.mo-running.com

5km

SOUTH EAST

Multi-terrain

22 NOVEMBER 2015

HADLEIGH HARD CORE

Hadleigh Park SS7 2PP

£30

Havens Hospices

01702 221658

jhopkins911@btinternet.com

havenshospices.org.uk/fund_raising/events/

Something+Different/hadleighhardcore
5km

SOUTH EAST

Trail

22 November 2015

RUN-FOREST-RUN.CO.UK

Chiddingfold GU8 4QA

£20

Bruce Devlin

c/o 4 Ashvale Cottages Chiddingfold Surrey

GU8 4RD

07776 464888

race-organiser@run-forest-run.co.uk

run-forest-run.co.uk

11km

SOUTH WEST

Road

22 November 2015

9BAR CHILLY 10K

Castle Combe Race Circuit, Castle Combe SN14

7EY

£15/£17

James Higgs

07929 059796

james@dbmax.co.uk

[dbmax.co.uk/event-list/running/item/the-](http://dbmax.co.uk/event-list/running/item/the-9bar-chilly-10k-2.html)

[9bar-chilly-10k-2.html](http://dbmax.co.uk/event-list/running/item/the-9bar-chilly-10k-2.html)

10km

SOUTH WEST

Road

22 November 2015

SOUTHAMPTON COMMON 10KM

Southampton Common 10km, Cemetery Road,

off The Avenue, Southampton SO15 7NN

£13

Mark Caswell

mark.caswell1@btinternet.com

[mccpromotions10kseries.com/southampton-](http://mccpromotions10kseries.com/southampton-common-10km.php)

[common-10km.php](http://mccpromotions10kseries.com/southampton-common-10km.php)

10km

WEST MIDLANDS

Multi-terrain

22 November 2015

THE 10K MO RUN MILTON KEYNES

Milton Keynes, Livingstone Drive MK15 0DL

£20

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,

Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

miltonkeynes.mo-running.com

10km

WEST MIDLANDS

Multi-terrain

22 November 2015

THE 5K MO RUN MILTON KEYNES 2015

“Tailwind” HEARTBREAK TEN

Sunday 13th December 2015

Ten undulating miles on New Forest Trails



Credit to Charles Whittom Photography

Taking in the same scenic route as the renowned HeartBreak Half and Full Marathons and suitable for runners of all abilities! For entry and further details:

www.racenewforest.co.uk



Livingstone Drive MK15 0DL
£16

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,
Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
miltonkeynes.mo-running.com
5km

LONDON

Road

27 November 2015

BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K

The Bandstand, Hyde Park, London W2 2UH
£2.00 / £4.00

Serpentine Running Club

35 Merton Road, Harrow Middlesex HA2 0AA
020 8422 3900
lfofm5k@serpentine.org.uk
serpentine.org.uk
5km

LONDON

Multi-terrain

28 November 2015

THE 10K MO RUN GREENWICH PARK LONDON 2015

Greenwich Park SE10 8QY
£20

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,
Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
london-greenwich.mo-running.com
10km

WEST MIDLANDS

Road

28 November 2015

32ND ANNUAL CHEDDLETON 10K CHRISTMAS PUDDING RACE

Cheddleton, Leek, Staffordshire ST13 7HP
AAA club Members £10. Others £12.00
Stan Winterton
Brook House Farm Brook House Lane
Cheddleton Leek Staffordshire ST13 7DF
01538 360296
s.e.winterton@btconnect.com
cheddletoncarnival.co.uk
10km

NORTH EAST

Road

29 November 2015

RUN NORTHUMBERLAND BIG 10 MILER

Kirkley Hall NE20 0AQ
£12.50 (Club) or \$14.50 (Unattached)

Richard Hunter

14C Airport Industrial Estate, Newcastle upon
Tyne Tyne and Wear NE3 2EF
07731 722741
info@run-nation.org
run-nation.org
10miles

SOUTH EAST

Multi-terrain

29 November 2015

BRETT ASHFORD 10K

Julie Rose Stadium, Ashford TN24 9QX
£15
Tri Spirit Events - Liz King
2 Harlakenden Cottages, Woodchurch, Kent
TN26 3PS
01233 860265
liz@trispiritevents.com
trispiritevents.com/events/brett-ashford-half-marathon
10km

SOUTH EAST

Multi-terrain

29 November 2015

BRETT ASHFORD HALF MARATHON

Julie Rose Stadium, Ashford TN24 9QX
£18
Tri Spirit Events - Liz King
2 Harlakenden Cottages, Woodchurch, Kent
TN26 3PS
01233 860265
liz@trispiritevents.com
trispiritevents.com/events/brett-ashford-half-marathon
13miles

SOUTH EAST

Multi-terrain

29 November 2015

MAPLEDURHAM TEN

Mapledurham House
£24
Andy Macaskill
events@mysportingtimes.com
mapledurhamten.co.uk
10miles

SOUTH EAST

Multi-terrain

29 November 2015

THE 5K AND 10K BRIGHTON MORUN 2015

Stanmer Park BN1 9SE
£20 for the 10k; £16 for the 5k
The Fix Events
The Fix UK, Suite 2, 31 Ashley Road, Epsom,
Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
mo-running.com/brighton
10km

EAST MIDLANDS

Road

05 December 2015

NO WALK IN THE PARK

Queen's Park Cricket Pavilion, Chesterfield
S40 2ND
£3/£5 On the day only
John Cannon
01246 566458
j.cannon846@btinternet.com
northderbyshirerc.jimdo.com
5km

SOUTH EAST

Trail

05 December 2015

TRAILScape RAIL TO TRAIL 10KM - EAST

Cuxton, Kent ME2 1AF
£29.50

Trailscape

info@trailscape.co.uk
trailscape.co.uk
10km

SOUTH EAST

Trail

05 December 2015

TRAILScape RAIL TO TRAIL HALF MARATHON - EAST

Cuxton, Kent ME2 1AF
£35

Trailscape

info@trailscape.co.uk
trailscape.co.uk
13.1miles

SOUTH EAST

Trail

05 December 2015

TRAILScape RAIL TO TRAIL MARATHON - EAST

Cuxton, Kent ME2 1AF
£40

Trailscape

info@trailscape.co.uk
trailscape.co.uk
26.2miles

SOUTH WEST

Trail

05 December 2015

CTS DORSET

Lulworth Cove BH20 5RQ
£30 - £60
Endurancelife
01548 312314
support@endurancelife.com
endurancelife.com
10miles

SOUTH WEST

Trail

05 December 2015

ICEMAN

Army Training Ground, Frimley, Surrey
£25

Human Race Events

Unit 6, Typhoon Business Centre Oakcroft Road
Chessington Surrey KT9 1RH
020 8391 3913
races@humanrace.co.uk
humanrace.co.uk/events/off-road/iceman
11km

WALES

Multi terrain

05 December 2015

MIGHT CONTAIN NUTS MARATHON RD4

Brecon Beacons LD3 7JE
Might Contain Nuts
2 Woodlands Heol - Las Talgarth Powys LD3
0PH
mightcontainnuts.com
26miles

WALES

Road

05 December 2015

MIGHT CONTAIN NUTS TRAIL RD4

Brecon Beacons LD3 7JE
Might Contain Nuts
2 Woodlands Heol - Las Talgarth Powys LD3
0PH
mightcontainnuts.com
10miles

WALES

Multi-terrain

05 December 2015

MIGHT CONTAIN NUTS ULTRA RD4

Brecon Beacons LD3 7JE
Might Contain Nuts
2 Woodlands Heol - Las Talgarth Powys LD3
0PH
mightcontainnuts.com
40miles

LONDON

Road

06 December 2015

PERIVALE 5

United Kingdom UB6 8TJ
Laurence Messer
Silver Leys 25 Birchdale Gerrards Cross
Buckinghamshire SL9 7JA
020 8997 4872
laurence_messer@hotmail.com
esm.org.uk
5miles

NORTH WEST

Multi-terrain

06 December 2015

TATTON YULE YOMP

Egerton Youth Club, Knutsford WA16 6SL
£17 (£15 affiliated)
Nicky Owen
race@tattonyuleyomp.co.uk
tattonyuleyomp.co.uk
10km

SOUTH EAST

Road

06 December 2015

ALAN GREEN MEMORIAL 10 MILE

Westgate, Kent CT8 8QW
£18

John Hunt

Thanet Coastal 10, 19 Favourite Road,
Whitstable Kent CT5 4UB
thanet10@thanetroadrunners.org.uk
thanetroadrunners.org.uk/events/thanet-coastal-10?q=alan-green-memorial-10-mile-race-2015
10miles

SOUTH EAST

Road

06 December 2015

BEDDINGTON PARK 10KM

Beddington Park, Pavilion Cafe,
Wallington, Surrey
SM6 7NH
£13
Mark Caswell
mark.caswell@btinternet.com
mccpromotions10kseries.com/beddington-

Running Fitness

park-10km.php
10km

SOUTH EAST

Multi-terrain

06 December 2015

DOWNLAND DEVIL

Coombes Farm BN15 0RS

£10.00 att 12.00 unatt Extra £1.00 on day

Peter Wirtzfeld

4 Thatch Court The Street Lancing West Sussex
BN15 0PL

01903 755266

cobbeld@btinternet.com

worthingstriders.co.uk

9miles

NORTH WEST

Trail

12 December 2015

PETZL NIGHT RUNNER - GRIZEDALE FOREST

Grizedale Visitor Centre LA22 0QJ

£25

Epic Events

info@epicevents.co.uk

thenightrunner.com

10km

SOUTH EAST

Road

13 December 2015

MUDDY WELLY 5KM TRAIL RUN

Wellington College RG45 7PU

£15

My Sporting Times

events@mysportingtimes.com

muddywelly.com

5km

LONDON

Road

18 December 2015

BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K

The Bandstand, Hyde Park, London W2 2UH

£2.00 / £4.00

Serpentine Running Club

35 Merton Road, Harrow Middlesex HA2 0AA

020 8422 3900

lftm5k@serpentine.org.uk

serpentine.org.uk
5km

SOUTH EAST

Multi-terrain

20 December 2015

MUDDY WELLY 10KM TRAIL RUN

Wellington College RG45 7PU

£18

Andy Macaskill

events@mysportingtimes.com

mudywelly.com

10km

SOUTH EAST

Cross-country

28 December 2015

BRUTAL LONGMOOR

Longmoor Camp GU33 6AZ

£18

Becky Russell

01482 720 459

info@brutalrun.co.uk

brutalrun.co.uk/race/longmoor

10km

SOUTH EAST

Multi-terrain

28 December 2015

GUT BUSTER

Butlers Lands Farm RG7 2AG

£25

Andy Macaskill

events@mysportingtimes.com

thegutbuster.co.uk

10miles

NORTH WEST

Trail

16 January 2016

PETZL NIGHT RUNNER - RIVINGTON

Rivington and Blackrod High School, Horwich

BL6 7RU

£25

Epic Events

info@epicevents.co.uk

thenightrunner.com

10km

SOUTH EAST

Trail

23 January 2016

TRAILScape RAIL TO TRAIL 10KM - SOUTH

Ashurst, Kent TN3 9TE

£29.50

Trailscape

info@trailscape.co.uk

trailscape.co.uk

10km

SOUTH EAST

Trail

23 January 2016

TRAILScape RAIL TO TRAIL HALF MARATHON - SOUTH

Ashurst, Kent TN3 9TE

£35

Trailscape

info@trailscape.co.uk

trailscape.co.uk

13.1miles

SOUTH EAST

Trail

23 January 2016

TRAILScape RAIL TO TRAIL MARATHON - SOUTH

Ashurst, Kent TN3 9TE

£40

Trailscape

info@trailscape.co.uk

trailscape.co.uk

26.2miles

LONDON

Multi-terrain

30 January 2016

RUN RICHMOND PARK 10K RACE 1 2016

Sheen Gate, Richmond Park SW14 8BJ

£17

The Fix UK,

Suite 2, 31 Ashley Road, Epsom, Surrey KT18

5BD

020 8144 0797

The Fix UK Ltd

thefixevents.com

10km

LONDON

Multi-terrain

30 January 2016

RUN RICHMOND PARK 5K RACE 1 2016

Sheen Gate, Richmond Park SW14 8BJ

£14

The Fix Events

The Fix UK, Suite 2, 31 Ashley Road, Epsom,

Surrey KT18 5BD

020 8144 0797

info@thefixuk.com

thefixevents.com

5km

LONDON

Road

31 January 2016

CANCER RESEARCH UK LONDON WINTER RUN (10KM)

Victoria Embankment WC2R

Human Race Events

Unit 6, Typhoon Business Centre Oakcroft Road

Chessington Surrey KT9 1RH

020 8391 3913

races@humanrace.co.uk

winterrunseries.co.uk

10km

SOUTH WEST

Trail

06 February 2016

CTS SOUTH DEVON

Beesands TQ7 2EN

£30.00 - £60.00

Endurancelife

01548 312314

support@endurancelife.com

endurancelife.com

10miles

SOUTH EAST

Road

14 February 2016

DEAL HALF MARATHON

Fowlmead Country Park CT14 0BF

Deal Tri

dealtri.co.uk

13.1miles

SRI LANKA

Multi-terrain

14 February 2016



www.runningimp.co.uk

The ultimate *One-Stop-Shop* for all your event essentials

01522 502131

RACINGTHEPLANET: SRI LANKA 2016

Windhoek, Sri Lanka

USD\$3800

4Deserts Race Series

info@4deserts.com

4deserts.com/beyond/srilanka

250km

IRELAND

Trail

20 February 2016

Last one standing ultra

Castleward n. Ireland BT30 7LS

£50 first 50 entrants Than £

atlasrunning

Adrian Daye 24 ballymacash Park Lisburn

Antrim BT28 3EX

07876 560015

atlas@atlasrunning.co.uk

atlasrunning.co.uk

4.2miles

LONDON

Road

21 February 2016

THE HAMPTON COURT HALF MARATHON

Esher College KT7 0JB

£29 affiliated, £31 non affiliated

Peter Wedderburn

020 8288 8575

kbc@blueyonder.co.uk

hamptoncourthalf.com

13.1miles

NORTH EAST

Trail

27 February 2016

CTS NORTHUMBERLAND

Bamburgh Castle, NE69

£30 - £60

Endurancelife

01548 312314

support@endurancelife.com

endurancelife.com

10miles

EAST MIDLANDS

Road

28 February 2016

DECATHLON COVENTRY'S HALF MARATHON

Coventry City Centre

£23/£25

Achieve Events UK (Ltd) trading as GO2

Events

0845 308 4003

info@go2events.org.uk

.coventryhalf.com

13.1miles

NORTH WEST

Road

28 February 2016

CANCER RESEARCH UK WINTER RUN

MANCHESTER

Etihad Stadium, Manchester

Human Race Events

Unit 6, Typhoon Business Centre Oakcroft Road

Chessington Surrey KT9 1RH



020 8391 3913

races@humanrace.co.uk

winterrunseries.co.uk

10km

LONDON

Road

05 March 2016

SUPERNOVA 5K - QUEEN ELIZABETH OLYMPIC PARK, LONDON

Queen Elizabeth Olympic Park, London E20 2ST

GSI Events Ltd

info@gmail.com

supernovarun.com

5km

SOUTH EAST

Trail

05 March 2016

TRAILScape RAIL TO TRAIL 10KM - WEST

Wendover, Buckinghamshire HP22 6EG

£29.50

Trailscape

info@trailscape.co.uk

trailscape.co.uk

10km

SOUTH EAST

Trail

05 March 2016

TRAILScape RAIL TO TRAIL HALF MARATHON - WEST

Wendover, Buckinghamshire HP22 6EG

£35

Trailscape

info@trailscape.co.uk

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JOHN BREWER

FINAL THOUGHTS

Athlete prosecution for doping has **HIT THE HEADLINES** this summer, but it's not a new trend...



Improvement in testing methods and strict monitoring will help rid sport of doping in the future.

The recent summer has not been a particularly good one for either running or athletics, with claims, allegations, speculation and headlines all focusing on the blight that is doping. It is sad and disappointing to read the constant allegations that undermine the credibility of medal winning performances, and there are many who claim publicly that the sport is in a state of crisis. However, doping in sport is nothing new. In the 1904 Olympic Marathon, the victorious runner, Thomas Hicks, was plied with the stimulant strychnine over the last few miles, a substance that is now quite rightly banned by the World Anti-Doping Agency (WADA). There is now clear evidence that in the 1970s and 80s the former Soviet Union and East German nations were regularly and systematically using banned drugs to aid the performance of their athletes, but sadly many of the perpetrators and advocates of this practice remained undetected throughout their careers. The 1988 Olympic 100m final at the Seoul Olympic Games, won by the

disgraced Ben Johnson, contained a field of eight runners of whom six had doping violations of some sort during their careers. It is claimed that this was the most controversial race in the sport's history, but ironically the outrage and concern that resulted from the subsequent revelations did much to transform and invigorate the fight against doping in sport.

WHAT'S NEW?

So there is nothing new in the suggestion that drugs may be prevalent in running and athletics. However, I would argue that one of the reasons why we are debating these on-going allegations is because our detection methods and systems have improved enormously. Athletes have to tell the anti-doping authorities where they will be on one hour of each day, 365 days a year, so that they cannot avoid a test. The new Athlete Biological Passport routinely collects physiological data on athletes so that abnormal changes can be detected, and the WADA rules have tightened so that bans are now longer, and association with

tainted coaches or support staff is no longer allowed. Blood and urine samples are stored for longer and can be tested retrospectively, and the methods of testing have advanced considerably, all of which means that the chances of detection are undoubtedly greater than they were 20 or 30 years ago. Because in the past we remained unaware of drug cheats, we should not over-react when cheats are exposed today. Of course there are problems, and we must continue to do all that we can to educate, expose, ban and eradicate. No individual or organisation will rid sport of those who choose to use illegal methods to boost their performances. There has to be a collective effort involving governments, anti-doping agencies, international federations, national governing bodies and individuals, tempered with a reality check that there will always be those who choose to cheat. The alternative – a free-for-all and a relaxation of the rules – will damage the integrity of sport and the health of young people, is a matter that is almost too hard to contemplate.



John Brewer is a Professor of Applied Sport Science at St Mary's University, Twickenham. He was previously director of communications for Lucozade Sport and before that director of the Lillleshall Sports Injury and Human Performance Centre **Follow John on Twitter @sportprofbrewer**

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